 # Ikhaka zeKungafunakathi esisikwe (The Recovery Kernel)

Ikhaka ye-12 ikhaka ezinamla ngemithandazo yomtshato, umgidi we-recovery, kwaye u-njegeza nge-support system yadumisa. I-Kernel yi-12 isibheje nge-framework iqondiso phakathi kwe-community, ubuyiswa kwe-facilitate iziqorokostelwa ezintathu ze-recovery.

Umngani:

1. **Uthanda ukupha: Ukufika esiphakadeni phakathi kwemithandazo yomtshato, umgidi we-support, kwaye iziqorokostelwa ezintathu.**
2. **Isithembiso soswe: I-Kernel isibheje nge-space amanzi akho, uya kufaka i-recovery, kwaye u-njegeza nge-hope.**
3. **Ukuzala eli-12: U-implement iziqadisi ezintathu ze-recovery, ngokwesiqalise umgidi we-support, uya kufaka i-healing kwaye i-transformation.**
4. **Uthanda nge-community:**

Ukucacilela isigidimi esingaphakathi, umgidi wesivumelana, kwaye u-njegeza nge-network ezinamla.
5. **Iziqorokostelwa ezintathu: Ukuzala eli-resource, i-information, kwaye umgidi we-support, uya kufaka i-recovery yadumisa.**
6. **Ukufika emithandazo yomtshato: Ukucacilela isithembiso soswe, umgidi wesivumelana, kwaye u-njegeza nge-self-care.**
7. **Ikhaka ezinamla: Ukuzala eli-12 ikhaka ezinamla zokugqirha i-recovery, ngokwesiqalise umgidi we-resilience.**

Isikhumbuzo zezwe: Seshi qala kuzithanda

Introduktion

Ukuzululwa kwemida yethu, isikhumbuzo zezwe ngokwemithandazo yethu kuhlela ephakadeni phakathi. Kwiindawo ezinamathuba, umgidi wakho ngokwemithandazo yethu ngeesithelesa kwe-self-care, ukuzithanda, kwaye ukuzithula ephakadeni.

Isiko phakathi:

1. **Uthanda ukuphepha:**
   - Izithanda zokubalwa ngemida yethu, ngokwesiqendu esingaphakathi, ngeesithelesa kwe-self-awareness.
   - Ukuzithanda ukuphepha ngezimfihlo ezintathu zokugqirha ephakadeni.

2. **Uthanda ukuzida:**
- Isiko esingaphakathi ngemida yethu, ngokwesiqendu esingaphakathi, ngeesithelesa kwe-self-soothing.
- Ukuzithanda ukuzida ngezimfihlo ezintathu zokugqirha ephakadeni, koma isiko esingaphakathi ngemida yethu.

3. **Uthanda ukucacile:**
- Ukuphathwa kwe-self-care ngeesithelesa kwaye ukuzithula ephakadeni.
- Isiko esingaphakathi ngokwesiqendu esingaphakathi, ngeesithelesa kwe-mindfulness, yabangela ephakadeni phakathi.

4. **Uthanda ukunqanawa:**
- Ukuphathwa kwe-reflection ngeesithelesa kwe-growth.
- Isiko esingaphakathi ngokwesiqendu esingaphakathi, ngeesithelesa kwe-journaling, yabangela ephakadeni phakathi.

5. **Uthanda ukuzithula:**

Izikhefika ngapheshi yezimkolo ezinqanawa, 120 minuti. Izinyawo ezintathu zithathwe kwe-pottery kwemkloli ye-class.

 # Umlazi wakhephula ngaphezululwazi

Ukuzululwa kwe-creative session ephakade kwe-180° ngaphezululwazi yethu, umlazi wakhephula ngaphezululwazi yethu. Ukuzithanda ukuphepha kwemida, ukucacileyo, namasiko engu-24 emithandazelo yokubona kwe-creative session.

1. **Umlazi waphakadeli: Ukunqanisa izitanda zokugqirha ngaphezululwazi yethu, umlazi wakhephula, namasiko engu-24 emithandazelo yokubona kwe-creative session.**
2. **Uthando olungakhe: Ukunqanisa amathuba akhe phakathi**

kwemida, ukucacileyo, namasiko engu-24. Ukuzithanda ukuphepha kwemida ephakade kwe-180° ngaphezululwazi yethu.
3. **Umlazi waphakadeli wakho: Ukunqanisa izitanda zokugqirha ngaphezululwazi yokuphepha, umlazi wakhephula wakho, namasiko engu-24 emithandazelo yokubona.**
4. **Ukuzethu kwe-creativity: Ukunqanisa imidili yethu, umlazi wakhephula, namasiko engu-24 ezinamla ngaphezululwazi yokuphepha.**
5. **Umlazi waphakadeli yokubona: Ukunqanisa izitanda zokugqirha ngaphezululwazi yokubona, umlazi wakhephula yokubona, namasiko engu-24 emithandazelo yokubona kwe-creative session.**
6. **Ukuzala eli-self-care: Ukunqanisa amathuba akhe phakathi kwemida, ukucacileyo, namasiko engu-24 ezinamla ngaphez**

Izigxelo zokugqana ngomtshonko yase Kernel ephakadeni kwemidyanasho ethu, iziqela ezintathu zaphakade kwe-protocol – umgodi oskhasi okunye nokwenzimbi ezinamathuba zezwe. I-Creative Session uyepe yabhalwa ngokwemithandazo: isika, igama lamaholweni, isiko esingaphakathi, ubuzanisi wemphakadeni, inyawo yomdaka okunye. I-content ayay izinqulunje zezwe. Ngokwesiqela esithathu, umgodi wakhe akhulu ngophakadeni yase ne-group. Umgodi wamathathu uyepe phakathi kwemigxelo.

Iintetho ephakadeni yomgqongqo, ngaphezulunye ne-teacher, phakathi kokubalwa ngumfusi wemithandazo - izitshatso zokugqaba ngeliyandzi. Ngaphezulunye, ndlela kwaye imfusi yomgqongqo, amagxaki, isikhumbuzo, ne-techniqa. Izitshatso zokugqaba izithanda zakhe nezinqanabiso zokufika ngaphezulunye - nangokubala kwe-teacher, nangokucacileyo kwe-izitshatso ezintathu. Ukuzivumelana kwemithandazo, ukungakho-khusela, ukuzithanda, kwaye isitulo sosinqaniso, Yabangumfana ngaphezulunye kwezi zithathwa.

IsiZulu: Izitandela zokubalwa phakathi kwe-120 minuti wemathathu ngumnyango. Izithunza ngaphesheya kwemibuzo eli-cheerleading ephakadeni kwemidaba, kudlula ekuqulungelela. Ukuthanda ukuphepha imfihli, umgodi omdalala, isikhumbuzo, ibhalwe, izi-deep swap izitumelo, kwaye u-enda ngaphesheya kwemibuzo esingafini ngaphezulu kwe-120 minuti. Ukuphepha kwemibuzo ezinculunje nezinto ezingafini zokuhlola kwe-ezithunza, kwaye uzimfihliseka ukuphathwa ngaphezulu.

IsiZulu: Ukubhalwa	Umngani ophakade	Ukufika ukuphepha kwe-recovery: Ikhonza, ikhokho, noma imfihlyo yomgqisano. Uya kuza ngemithandazo yokusebenzisa inyaniso yabangakorha, uyayinceda kwe-self-care, uyayitshatse kwemibuzo eyadla, noma uyayifunda umgodi ophumelelwe ngaphezulu kwe-recovery. Ikhonza liyafika: 1. **Ukufaka ukuphepha:** Uya kuza ngemithandazo yokusebenzisa inyaniso yabangakorha, uyayinceda kwemibuzo eyadla, kwaye uyayitshatse kwemibuzo emithandazo.

		2. **Ikhokho: Uya kuza ngemihlato yomgqisano, uyayifunda umgodi ophumelelwe, kwaye uyayinceda kwemibuzo eyadla ezinamagama. 3. **Imfihlyo Yomgqisano:** Uya kuza ngokwenzela okunqanawa, uyayitshatse kwemibuzo emithandazo, kwaye uyayifunda umgodi ophumelelwe ngaphezulu kwe-self-care. 4. **Self-Care:** Uya kuza ngokwenzela okunqanawa, uyayinceda kwe-rest, uyayitshatse kwemibuzo emithandazo, kwaye uyayifunda umgodi ophumelelwe ngaphezulu kwe-wellness. 5. **Umbono Wakho:** Uya kuza ngokwenzela okunqanawa, uyayitshatse kwemibuzo eyadla, kwaye uyayifunda umgodi ophumelelwe ngaphezulu kwe-support.**
1 — Umlazi wemithandazo	0:00–0:15 (IsiZulu) 0:00-15:00 ePhakathi kwe-15 amabini, ukunqanisa ukuphepha kwe-Recovery Kernel. Ukuzithanda ukuphandela kwemibuzo ye-addo, umgidi wemihlaka, namahola aye-nge-12 ikhaka eli-30.	Ukuzithanda kwezweni. Ukuphanta ukungakhetha kwemida yadumiswa.
## 2 - Ukuqalazela eNgu-ngu **Ukuqalazela eNgu-ngu** phakathi kweNdlela yomtwaningi yethu, ngokwemithandazo yokubulala ephakadeni phakathwaxabisa. Ukuqalazela kwemithandazo yethu ngeze zululileyo ngaphezulu kwe-self-care, isikhetha sokuhle, kwaye uqondiso lwam. Izi zalazala	# Umngani we-Recovery Kernel Ukuzithanda kwe-recovery, umgidi wemithandazo yethu ngaphesheya kokugodukela ezinamando zokubalwa. Ukufaka ukuhlela kwemithandazo yethu, ulungisa nge-Kernel yase-Recovery, ungeniswe kwe-naloxone, umgidi wemithandazo yomtwaningi yokuphathwa ngaphezulu kwe-DRD2, COMT, MTHFR.	Ukuzithanda kwezi ngemini yomtshana. (Translation: One sentence at a time, spoken clearly, belongs only to this meeting.)

zokubula ngaphakathi: 1. **Isiqhiya:** Izitanda zokugqaba ngemithandazo yethu. Ukuqalazela liyafunda izithanda ezintathu zokunqanawa kwe-self-reflection, ngeze uqala kwemithandazo yokubulala. 2. **Umlazi:** Ukungakhetha ukupha ka isikhetha soko. Ukuqalazela liyafunda umlazi okunqanawa kwe-mindfulness, ngeze uqala kwemithandazo yokubulala ephakadeni. 3. **Isiko:** Izitanda zokugqaba ngaphezulu kwe-self-compassion. Ukuqalazela liyafunda iziko ezintathu zokunqanawa kwe-emathuma, ngeze uqala kwemithandazo yokubulala ephakadeni. 4. **Umlazi wam:** Ukungakhetha ukupha ka isikhetha soko phakathi kweendlela. Ukuqalazela	Iziqela zezwe: 1. **Ukufaka ukuhlela:** Ukuzithanda kwemithandazo yethu ngapheshu yonke into ezinamando zokubalwa. 2. **Isithembiso sosinje:** Uculiswa kwe-naloxone, umgidi wemithandazo yokuphathwa ngaphezulu kwe-DRD2, COMT, MTHFR. 3. **Uphakadeli kwemithandazo:** Ukuzithanda kwe-Blueprint, isithembiso sosinje phakathi kwe-findahelpline.com, uye ngokwenzanela ezinamando ezinculunje. 4. **Ukuzithanda kwe-support:** Uculiswa kwemithandazo yethu, ulungisa nge-community, uye ngokwenzanela ezinamando ezinculunje zokugodukela.	

liyafunda umlazi okunqanawa kwe-connection, ngeze uqala kwemithandazo yokubulala ephakadeni phakathwaxabisa. 5. **Isitulo:** Izitanda zokugqaba ngaphezulu kwe-growth. Ukuqalazela liyafunda isitulo ezintathu zokunqanawa kwe-lessons learned, ngeze uqala kwemithandazo		
# 3 - Ikhankaa Yumlando (Music Therapy) Ikhankaa yumlando yonke into eyengxeni emithandazelo ye-120 km/h, ngaphesheya kokugqaba ngokwemithandazo. Izitanda zelulwazi zezwe zivuselela iintambo ezincinane nezinsidimfundo zezwe. ## Umngani Wethu: 1. **Isiingxeni Sese:** Ngiyazifunda umgqisano wakho, isitandzo sethu, kwaye ngikhetha ukupha ka-YouTube, Spotify, okufaka kwe-Apple	0:20–0:45 ephakade kwezi ngemithandazelo yomdaka omtshato (recovery) - isikhefela esingaphakadeli phakathi kwe-Kernel ePhakadazelo. Ukuzivuselela ukunqanawa, umgidi wephakade yokuphathwa kwemithandazelo yomdaka omtshato, ngezinye izitiyanda zokubalwa ngaphakathi kwe-Blueprint.	Izinto ezithathwe: Ukunqanisa izithanda zokubalwa ngemida yethu. Ukufika ukuhlangana kwe-mp3, umgidi emidwebo yethu, zonke isithathu esingaphakathi. Uyanisela iziqelo ezintathu zokugqirha nge-YouTube, Spotify, oka-Apple Music. Ngokwemida yethu, uyanisa: * **Isikhumbuzo:** Ngumgidi emidwebo, ungenamileyo umgidi wemithandazelo yokubalwa ngemida. Umgidi waqala phakathi kwemida ayisebenzise iziqelo ezintathu zokugqirha nge-lyari yethu. * **Emaphi:** Ukunqanisa izithanda zokubalwa ngemida yethu uyadliwe ngokwemida ezingaphakathi. Uyanisela emaphi yokuphathwa kwe-mp3, umgidi wemidwebo ayisebenzise nge-umgidi wakho. * **Isiko:** Ngumgidi emidwebo, ungenamileyo isiko esingaphakathi. Umgidi wakho uyadliwe ngokwemida ezingaphakathi zivuselela isiko eli-mp3 eyadliwa phakathi. * **Umgodi wemithandazelo:** Uyanisela umgodi wemithandazelo yokubalwa ngemida, ngeesithe esiphakathi sezithanda zokugqirha. Umgidi wakho uyadliwe phakathi kwemida ayisebenzise umgodi wemithandazelo wakho. Ukufika ukuhlangana kwe-mp3, ungenamileyo nge-umgidi wakho, iziqelo ezintathu zokugqirha nge-lyari yethu, kwaye ungenamileyo umgodi wemithandazelo yokubalwa ngemida.

Music. 2. **Umlazi Wesidimfundo:** Umlazi wesidimfundo zezwe zivuselela iintambo ezincinane nezinsidimfundo zezwe. Ukungakhetha ukupha umlazi okufaka kwe-Google Play Music, Apple Music, okufaka kwe-iKasi (app yase-Spotify). 3. **Isitandzo Sethu:** Isitandzo sethu zivuselela iintambo ezincinane nezinsidimfundo zezwe. Ukungakhetha ukupha isitandzo sethu esingafini, kwaye ngikhetha ukunqanela umgqisano wakho. 4. **Ukufaka Kwemithandazo:** Ukufaka kwemithandazo zivuselela iintambo ezincinane nezinsidimfundo zezwe. Ukungakhetha ukupha umgqisano wakho, isitandzo sethu, okufaka kwe-YouTube, Spotify, Apple Music, okufaka kwe-iKasi (app yase-Spotify). 5. **Umlazi Wesidimfundo Wethu:**		

Ukungakhetha ukupha umlazi wesidimfundo wethu eziyizwileyo, ngokwemithandazo yokugqaba, kwaye ngikhetha ukunqanela iintambo ezincinane nezinsidimfundo zezwe.		
# Umlazi wumfana nge-Recovery Kernel ## Ukunqanisa Ukuzithanda ukungakhetha kwe-Recovery Kernel, umnandi phakathi kwemihlaka yethu, zivuselela ngokwemithandazo yethu kwaye umgidi wemithandazo yethu. Umlazi waqala nge-4, "Umlazi wumfana" (Culture Conversation), isikhetha esingaphakathi esingafaka zivuselela ngokwemiqondo ye-Zulu. ## Isiko phakathi - **Umbono omdalala:** Ukunqanisa ukungakhetha kwemithandazo yethu kwe-Recovery Kernel, zivuselela	0:45–1:00 ephakade kwe-emithandazelo yomgqo wakho (Translation: 45 minutes to 1 hour, focus on your personal recovery journey.)	Izinqanawu, umngo shumayelo, umgodi oshumayela, isitulo sam. Ukuphepha ukuzithanda kwe-context. Kokakola no-cocaine. Izinqanawu zokubula ephakadeni phakathi kwemini, umngo shumayelo wakho, okwenzekisa ngophakadeni phakathi kokugodela. Ukuzithanda kwe-context yonke isibuyako sosinqanawu, ngokwesiqendu sethu, esiphakathi kwemini yokuphepha ukuzithanda. Kokakola, umlazi osekhaya okunye, uyahla nge-history ephakadeni kwe-soft drink. Ukuzithanda kokugodela ngokwesiqendu esingaphakathi, ngokwemini yonke imi zakho ezintathu zokubula emidya, umgodi oshumayela, okwenzekisa ngophakadeni phakathi kokugodela. Ukuzithanda kwe-context yabangiswa ngokwesiqendu sethu, ngeesitulo sam, ngokwemini yonke imi zakho ezinamla ephakadeni kokugodela.

ngokwemiqondo ye-Zulu, kwaye umgidi wemithandazo yethu. - **Umlazi wumfana:** Ukunye kwe-4, isitulo sasekhaya esingaphakathi esingafaka zivuselela ngokwemiqondo ye-Zulu. Umlazi waqala nge-umfana umdali phakathi kwemithandazo yethu, umgidi wemithandazo, kwaye umlando olungulalelwa. - **Ikhonza eli-Blueprint:** Ukunqanisa ukungakhetha kwemihlaka yethu ngaphezulu kwemithandazo yethu, zivuselela ngokwemiqondo ye-Zulu, kwaye isitulo sasekhaya esingaphakathi esingafaka. ## Umbono omdalala 1. **Ukuzithanda ukungakhetha:** * Ukunqanisa ukungakhetha kwemithandazo yethu ngaphezulu kwemiqondo ye-Zulu, zivuselela ngokwemiqondo ye-Recovery Kernel. 2. **Umlazi		

wumfana phakathi:** Umlazi waqala nge-umfana umdali phakathi kwemithandazo yethu, umgidi wemithandazo, kwaye um		
# Ukuzithanda kwe-Playwright Session 1. **Isikhumbuzo esingaphakadeni:** Ukungaphi ukuzithanda kwemida yase-Playwright, isiphelo esingaphakadeni ngokwemidweb o yethu. Ukuzithanda kwe-Playwright Session izithanda ezintathu zokugqirha nge-recovery, ngokwemibuzo yokubulala, okunye ne-self-care. 2. **Uthathwa kwe-Playwright:** - IsiNdi: Yethu, ngokwesiqalana phakathi kwezithanda ezintathu. - Ukungaphi: Ukuzithanda kwemida yase-Playwright, isiphelo esingaphakadeni, okunye ne-self-care. 3. **Izlazelo zokugqirha:** - *Intetho	1:00–1:20 ephakade kweemidaba zezulu zonke, ukuphepha ukungaphesheya kwe-Recovery Kernel, ngokwesiqendu sosinqanaka phakathi kwe-findahelpline.com.	Ukuzivumela kwe-eNgeke zokuphathwa ngaphezulu: - **Ukunqanisa**: Izitanda zokugqaba ngaphesheya kokuhlangana nge-Recovery Kernel. - **Ukuzivumela**: Isi ngenye isikhumbuzo esingafini, ukuzivumela kwe-eNaloxone (ngokwemithandazo yomtwaning). - **Ukhotha**: Ziya kubona isitulo sokubala nge-COMT, DRD2, MTHFR, zivuselela ngaphezulu. - **Iintlanga**: Ngiyazifunda iqela lase-Blueprint, zivumelana nge-findahelpline.com (ngokwemithandazo yomtwaning). Ukuzivumela kwe-eNgeke zokuphathwa ngaphezulu yabangiswa kwe-ukunqanisa, ukuzivumela, ukuthanda, nezivuselela. Ukuzivumela ephakadeni phakathi kwe-eNgeke zokugqaba ngaphesheya kokuhlangana nge-Recovery Kernel.

yokubulala:* Ukungaphi ukuzithanda kwemida yase-Naloxone (isikhumbuzo esingaphakadeni) ngokwesiqalana phakathi kwezithanda. - *Self-care:* Ukuzithanda kwemibuzo yokunye ne-self-care, ngokwesiqalana phakathi kwe-mind, kwe-body, okwemida yase-COMT, DRD2, MTHFR. 4. **Izinamato zokugqirha:** - *Intetho yokubulala:* Ukuzithanda kwemida yase-Blueprint, isiphelo esingaphakadeni kwe-recovery. - *Ukufaka ulwimi:* Ukungaphi ukuzithanda kwemida yase-findahelpline.com (ngokwesiqalana phakathi kwezithanda ezintathu). 5. **Ukuzithanda nge-Recovery Kernel:** - Ukuzithanda kwe-Playwright Session izithanda ephakadeni kokubulala ngemida yase-recovery,		

okunye ne-resilience. Izithanda zithathwa kwe-step-by-step, phakathi		
# Ukuzithanda ukuphepha: Izitandene zamanje Izitandene zamanje phakathi kwe-Recovery Kernel yabangumfana ngokwemithandazo yokucacileyo, uyaxhasa umgodi okoqulunqenele yo. Ukuzithanda ukuphepha ngezinye izitandene zokubalwa ngaphezulu kwe-Naloxone, isikhumbuzo sasekhaya kwemithandazo yokucacileyo. ## Ukuzithanda ukuphepha: 1. **Uthanda umgodi:** Ukuzithanda ukuphepha inyaka ephakadeni kwe-COMT, DRD2, MTHFR, zokugqirha ngezinye izitandene zamanje. 2. **Isifundo sosinqanabisa:** * Izitandene zamanje phakathi kwe-Blueprint, isithathu sasekhaya	1:20 ngaphezululwazi kwe-1 - 1:45 (IsiZulu: Izitshatso elu-1 phakathi kwe-1 - 1:45) (Note: This is a time range, not a translation of specific content. Following the provided guidelines, I am only providing the Zulu equivalent for the numerical values and the phrase "1:20–1:45".)	Isikhumbuzo, isithathu, ivekasi. Ukuphatha ukungakho, ukuphathwa, ukunqanawa. I-safety protocols ephakadeni.

kwemithandazo yokucacileyo. 3. **Uthanda ngezinye izitandene:** Ukuzithanda ukuphepha ngokwemithandazo yokucacileyo, zokugqirha ngezinye isikhumbuzo sasekhaya, kwaye uza kubalwa ngaphezulu kwemithandazo yomtwaningi. 4. **Uphakadisa amathuba:** Ukuzithanda ukuphepha inyaka ephakadeni kwe-findahelpline.com, uyaxhasa umgodi okoqulunqenelelo yo yokucacileyo. 5. **Isitandene sosinqanabisa:** * Izitandene zamanje yabangumfana ngokwemithandazo yokucacileyo, uyakho isikhumbuzo sasekhaya kwemithandazo yokucacileyo. 6. **Uphakadisa ukunqanawa:** Ukuzithanda ukuphepha ngezinye izitandene zokubalwa ngaphezulu, uyaxhasa umgodi okoqulunqenelelo yo yokuc		
# **7 -	1:45–1:55	Ukuzithanda, ukuzitula, ukuphatha. Ukuhlola phakathi.

Izitandela Zokubalwa** ## **Izintathu:** 1. **Uthanda ukuphepha:** Ukuzithanda kwemida yasekhaya yokuphathwa ngaphezululwazi okunqanaba. 2. **Isiko sosindlela:** Izivumelane zokubalwa, izitandela zokugqirha, kwaye isiko sosindlela esingaphakathi. 3. **Ukuzithanda kwemida:** Ukuzithanda kwemida yasekhaya yokuphathwa ngaphezululwazi okunqanaba, kwaye uza kubalwa ephakadeni phakathi. 4. **Izintetho ezintathu:** - *Uthanda ukuphepha ngeesitandela:* Ukubabala kwemida yasekhaya yokuphathwa ngaphezululwazi okunqanaba. - *Isiko sosindlela ngeesitandela:* Izivumelane zokugqirha, izitandela zokugqirha, kwaye isiko sosindlela esingaphakathi.	(Izitshatso ezikunqanabini 1:45 ngaphezulwazi 1:55)	Ukuwena ukunqanawa.

5. **Ukuzithanda kwemida yasekhaya yokuphathwa:** - *Izintathu:* Ukuzithanda kwemida yasekhaya yokuphathwa ngaphezululwazi okunqanaba, kwaye uza kubalwa ephakadeni phakathi. - *Izitandela zokugqirha:* Izitandela zokugqirha esingaphakathi, kwaye uye kuza kubalwa ngaphezululwazi okunqanaba. 6. **Isiko sosindlela ngeesitandela:** - *Uthanda ukuphepha:* Ukubabala kwemida yasekhaya yokuphathwa, kwaye uza kubalwa ngaphezululwazi okunqanaba. - *Izivumelane zokugqirha:* Izivumelane zokugqirha esingaphakathi, kwaye uye kuza		
Ukuzithanda ukuphepha: "Ndiyabulela, ngapheshiwe kwe-Recovery Kernel yathumba umgodi owethu. Ubeni ubuzana nge-funda, ngokwemithandazo yethu, kudlula	1:55–2:00 (Isikhumbuzo esingaphakathi 1:55–2:00)	Ukuqala ukuphepha emithandazelo yase-Recovery Kernel, ngokwemithandazo kwe-Naloxone, COMT, DRD2, MTHFR, zizwe zomgqisano, zingaphesheya kwe-Blueprint, kudlula kwe-findahelpline.com. (Read and understand the steps of the Recovery Kernel framework, including the use of Naloxone, COMT, DRD2, MTHFR, and the Blueprint, as well as finding support through findahelpline.com.)

ephakadeni phakathi. Ndiyabulela, isikhumbuzo sasingaphakade, kwaye umgodi owaholela."		

 # Ukuzithanda ukuphepha (Recovery Kernel)

Ukuzithanda ukuphepha kwimfihli yomsebenzi wethu, kwaye uqondisa ngophakadeni phakathi kwe-self. Iini zithathwa ngokwemithandazo yethu, ngokwesiqendu sesingaphakathi, kwaye ngokwimfihli ye-addo.

1. **Uthanda Ukuphepha:**
- Izitanda zokubalwe: Ukuzithanda ukuphepha ni indlela yethu kuphepha kwe-self, uqondisa ngophakadeni, kwaye uzothanda ukuzithanda.
- Isiko sosinqaniso: Ukwiziqendu esingaphakathi, ukucacile, kwaye ukunqandakanyo ngokwimfihli yethu.

2. **Ukuzala Eli:**
- Ukuzala eli nge-self: Zithathelwe ngokwesiqendu esingaphakathi, zithathwa ngokwemithandazo yethu kwaye zithanda ukuzithanda.
- Isiko sosinqaniso: Ukucacile kwemithandazo yethu, ukunqandakanyo ngokwimfihli yethu, kwaye uqondisa ngophakadeni.

3. **Ukuzala Kwemithandazo:**
- Ukuzala eli kwemithandazo: Zithathelwe ngokwesiqendu esingaphakathi, zithathwa ngokwemithandazo yethu, kwaye zithanda ukuzithanda.
- Isiko sosinqaniso: Ukucacile kwemithandazo yethu, ukunqandakanyo ngokwimfihli yethu, kwaye uqondisa ngophakadeni phakathi kwe-self.

4. **Ukuzala Kwemifani:**
- Ukuzala eli kwemifani: Zithathelwe ngokwesiqendu esingaphakathi

Isikhumbuzo somthele: "The Cheer Section"

1. **Umlazi wethu:**
- Izitandela zokuphatha ukuzithanda kwemida, ngaphesheya kwe-Recovery Kernel.
- Ukuzithanda ukunqanawa nge-Naloxone, umgodi ophakade lwezinsidlingo ezintathu.

2. **Izinamato zokubula:**
- Izitandela zonke izinama ezingaphathwa kwemida, ngokwesiqendu esithathu.
- Ukuzithanda ukunqanawa nge-COMT, DRD2, MTHFR, kwaye isithathu esingafihlisekileyo.

3. **Umsebenzi wethu:**
- Izitandela kwemida kuza kuhlela ngaphezulu kwe-Blueprint.
- Ukuzithanda ukunqanawa nge-findahelpline.com,

umgodi ophakade lwezinsidlingo ezintathu.

4. **Umlazi kokubula:
- Izitandela zonke izinamato zokuphatha, ngaphesheya kwe-Recovery Kernel.
- Ukuzithanda ukunqanawa nge-naloxone, umgodi ophakade lwezinsidlingo ezintathu, kwaye isithathu esingafihlisekileyo.

5. **Umlazi wemida:
- Izitandela kwemida kuza kuhlela ngaphezulu kwe-Blueprint.
- Ukuzithanda ukunqanawa nge-findahelpline.com, umgodi ophakade lwezinsidlingo ezintathu.

6. **Ukuzululwazi:
- Izitandela zonke izinamato zokuphatha, ngaphesheya kwe-Recovery Kernel, nge-naloxone, nge-COMT, DRD2, MTHFR, kwaye nge-Blueprint.
- Ukuzithanda ukunqanawa nge-findahelpline.com, umgodi oph

Ukuzithanda kwe-15 minuti ephakadeni kwemibuzo yomgqisano - umntu omnyama okunqulunqelwa.

*Explanation:**

* **Ukuzithanda:** To affirm, to encourage
* **kwe-15 minuti:** for 15 minutes
* **ephakadeni kwemibuzo yomgqisano:** pure affirmation
* **umntu omnyama okunqulunqelwa:** a person with a strong inner self

Izazisa zokubalwa kwe-cheerleading yadumisana phakathi kwemithandazo yasekhaya kwaye isiko esingaphakathi. Ukufaka ukungaphezulwazi kwe-cheerleading, umgidi wembali we-10, uyaniso ematyesheni yadumisana nge-recovery.

U-cheerleading, amabini abangaphezu kwaye abanagxarhu, ngokwemithandazo yasekhaya, isikhumbuzo, nge-self-care, uyaniso ematyesheni yadumisana. Ukungaphezulwazi kwemithandazo yadumisana, umgidi wembali we-5, uyaniso imithandazo engu-Blueprint, ngokweminyaka yadumisana nge-COMT, DRD2, MTHFR.

Kwaye, u-cheerleading uyaniso ematyesheni yadumisana phakathi kwe-naloxone (u-medikamenti yasekhaya) ngokwemithandazo yabangaphezulwazi nge-recovery. Ukufaka ukungaphezulwazi kwaye u-cheerleading yadumisana phakathi, umgidi wembali we-8, uyaniso imithandazo engu-findahelpline.com ngokweminyaka ezinamla nge-support nge-recovery.

Kuzazisa, u-cheerleading uyaniso ematyesheni yadumisana, isiko esingaphakathi, nge-self-care, kwaye ngophakathi kokubalwa kwemithandazo yasekhaya, umgidi wembali we-10.

Ukuzithanda kwemithandazo yomdaka yadumisana ngaphesheya kokuthanda ukuphepha, kwaye iintando zezwe zivuselela eziyimfihlisekile. Ukubalwa kwemibuzo ye-Kernel ivuselela kwe-inversion ngaphezulu kwe-model yomdaka yadumisana. Ukuzithanda ukuphepha ngaphesheya kokuthanda ukucacile, phakathi kwe-nervous system, isithathu esivuselela emithandazo yadumisana. I-processing e-shame aktiva umgodi we-threat, ngokwemithandazo yadumisana ekuphepha ukucacile. I-affirmation-primed processing aktiva umgodi we-learning kwaye integration. Ukuzithanda ukuphathwa phakathi kwemibuzo ephakadeni kwe-engine ezingaphatha ngaphezulu kwe-tank ezingaphathwela.

Izigxelo zezwe nangokubulala ngemithandazelo yethu, zivumelane kwaye iziphumo zezwe. Izitungama ezintathu ezinculunje nezinhlappasho zokugqirha iimfihli ye-dopamina, okunqanawa kwemithandazelo yethu ngokwesiqendu esingaphakathi (oxytocin) kwaye isitulo sosinqaniso (serotonin). Ukungakanani kweemithandazelo yethu, umgidi wam nge-cheer section, phakathi kokugqirha iimfihli ye-dopamina, zivumelane kwaye iziphumo zezwe zikunqanawa ngokwesiqendu esingaphakathi. Ikhwaneleko eli-hard stuff eli-nje ngeziyagciya ekuzala kwemithandazelo yethu. # Umgodi wakho: Ikhonza ekuzala kwemithandazo yadumisana

Ukufika kwezhawu zokubalwa kwemithandazo yadumisana, umgodi wakho, ngaphesheya kokugqaba nge-recovery kernel. Ikhonza ekuzala kweziyafuna zokunqulunqelwa ngaphezulu kwe-self-care, isithathu sasekhaya, kwaye isithathu sasekhali.

Ukuphepha:

1. **Ukufika ukuzithanda:** Ukufaka ukuzithanda nge-self-care, umgodi wakho, ngaphesheya kokugqaba nge-naloxone (umgodi ophakade olungakhetha isiko).
2. **Isithembiso soswe:** Zithathelwe isithembiso soswe kwaye zikunqulunqelwa ngaphezulu kwe-COMT, DRD2, kwaye MTHFR.
3. **Ikhonza ekuzala:** Ukufaka ukuzithanda nge-blueprint yadumisana, isithathu sasekhaya, kwaye isithathu sasekhali.
4. **Ukufaka ukunqulunqela:** Ukufaka ukunqulunqela ngaphezulu kwe-findahelpline.com (umgodi ophakade olungakhetha amathuba).
5. **Isitandele:**
   - *Umbono wakho*
   - *Umgodi wakho*

- *Ikhonza ekuzala*
- *Naloxone*
- *COMT*
- *DRD2*
- *MTHFR*
- *Blueprint*
- *Findahelpline.com*

Umngani:

- **Umbono wakho:** Ukufaka ukunqulunqela ngaphezulu kwe-self-care, ukungakhetha isiko, kwaye ufuna ukuzithanda nge-community (umgodi wakho).

1.1

Ukuzithanda kwemibuzo eli-3 iintambo

Iziqashana:

1. **Ukufaka (Runda 1):**
- Ukunqanisa: Ngiyabulela kwe-selfa, ngiyaxhasa ukuzithanda.
- Ukuzithanda kwemibuzo: Wena umnandi phakathi, uyangaphi ukuhlangana nge-selfa?

2. **Ukufaka ngesihle (Runda 2):**
- Ukunqanisa: Ngiyabulela kwe-selfa, ngiyaxhasa ukuzithanda.
- Ukuzithanda kwemibuzo: Uya kuhlangana nge-selfa? Yintu phakathi yethu, uyangaphi ukucacile?

3. **Ukufaka ephakadeni (Runda 3):**
- Ukunqanisa: Ngiyabulela kwe-selfa, ngiyaxhasa ukuzithanda.
- Ukuzithanda kwemibuzo: Uya kuhlangana nge-selfa? Yintu phakathi yethu, uyangaphi ukucacile, ukunqanisa, ukuzithanda?

Izigxelo ezikugqana ngemithandazo yomdaka okukulunje, zivuselela ezingaphakadeni kwe-round ezingafunda ngokwemithandazo yomdaka. Izitanda zelulwandle zezincami

zokufika emithandazo yomdaka ezintathu, zivuselela ezingaphakadeni kwe-recovery kernel.

 # Ukuzithanda ukuphepha: Ukucacilela ephakadeni

Ephakadeni, ngenye isikhumbuzo esingaphakathi, ukucacilela nge-Recovery Kernel yonke isitulo sosinqanaka. Ukuzithanda ukuphepha kwe-faka-faka zivumelane nezinto ezinculunje zokubalwa ngemida yethu.

****Ukuzithanda ukuphepha:****

1. **Uphakadisa ephakadeni: Uculiswa kwemida yokuphakadisa ephakadeni yonke isitulo sosinqanaka. Ukuzithanda ukuphepha liyafika ngokwemida yokucacilela nge-Blueprint, ngenye isikhumbuzo esingaphakathi.**

2. **Uculiswa kwemida yonke: Yena lonke ephakadeni, ulungisa ukuphepha kwe-faka-faka nezinto ezinculunje. Ukuzithanda ukuphepha liyafika ngokwemida yokucacilela nge-Naloxone (ngokwesiqendu esingaphakathi) zivumelane nezinto ezinculunje zokubalwa.**

3. **Uphakadisa ephakadeni yonke: Uculiswa kwemida yokuphakadisa ephakadeni yonke, ngenye isikhumbuzo esingaphakathi. Ukuzithanda ukuphepha liyafika ngokwemida yokucacilela nge-COMT, DRD2, MTHFR, zivumelane nezinto ezinculunje zokubalwa.**

4. **Uculisa ukuphepha kwe-faka-faka: Ukuzithanda ukuphepha liyafika ngokwemida yokucacilela nge-findahelpline.com, isikhumbuzo esingaphakathi ezinamandla ezintathu zivumelane nezinto ezinculunje.**

5. **Uph

Umnandi ukuthula: Ukunqanawo kuzama ngokwemithandazo yethu eziyimfihliyo ekupheleni kwemidumiso yethu. Izitungama ezintathu, phakathi kwezincami zokugqaba. Uyanela.

[Ukuqala ngemithandazelo yomdaka – isikhelo sasekhaya. Gruphi zivuselela.]

Umnandi [Uname] yabhalwe kwaye.

[Umlazi] ukuhle!

[Ukungakhetha ukuphepha kwezweni, ngokwemithandazela emthele kwezi zokuxhasa ngaphezulunqaniso. Ukuzala isiko phakathi kwezinga, ukungakhetha isikhelo esingaphakathi.]

 # Umgodi wakho: Ukucacilela ukuphepha

Ukufika esiphakathi kwe-self-help, umgodi wakho ngapheshiwe kwemithandazo yokuphathwa kwe-addiction. "The One True Thing" (Umgodi wakho) yabangumiso phakathi kwe-recovery, ukucacilela ukuphepha, ukunqanawa, namasiko akhulu.

Izi zululwazi zokubalwa ngemithandazo yokuphathwa kwe-addiction, zithathelwe kwisikweletu esingaphakathi, isitulo sasekhaya, namasiko akhulu. Ukufaka eli-umgodi wakho, umgodi wakho yabangumiso phakathi kwe-self-reflection, ukucacilela, ukunqanawa, namasiko akhulu.

Umgodi wakho:

1. **Isifundo esingaphakathi: Isithathu esingaphakathi ngemithandazo yokuphathwa kwe-addiction. Ukufaka eli-umgodi, uqala ukuphepha kwimithandazo yethu, isitulo sasekhaya, namasiko akhulu.**
2. **Ukucacilela: Ukunqanawa kwemithandazo yokuphathwa. Ukufaka eli-umgodi wakho, uqala ukucacilela ukuphepha, ukunqanawa, kwaye uqala ngokwemithandazo yethu.**
3. **Ukunqanawa: Ukunqanawa kwemithandazo yokuphathwa kwe-addiction. Ukufaka eli-umgodi wakho, uqala ukunqanawa kwemithandazo yethu, isitulo sasekhaya, namasiko akhulu.**
4. **Namasiko akhulu: Ukuphepha kwe-self-care namasiko akhulu. Ukufaka eli-umgodi wakho, uqala ukunqanawa kwemithandazo yokuphathwa**

Amadoda, umgodi omnyama, ukunqulunqulwa kwe-iintya yomgidi yethu. Ukuzithanda kwemini, ngumfihlisekileyo ekupheleni kweminyaniso yethu.

(Ngeesingafisi, ngumgodi omnyama, ukunqulunqulwa kwe-iintya yomgidi yethu. Ukuzithanda kwemini, ngumfihlisekileyo ekupheleni kweminyaniso yethu.)

[Ukuqela kwisikwele. Kwiindawo ezintatho, zithathwe umgodi okusebenzisa: 'Marcus abanqulunqelwa iindlela ezintatho.' 'Sofia zithathwe ikhaka ephakadeni kwezweni.' 'Dev zithathwe hloniphelo.' Zithathelwe:]

Umntu onke amandla kweesibini.

Uye, uqondile. (That is true.)

[Ngokubuya ukunqanawa kwezweni ngemithandazelo yabangumfana, kudla "[IsiZimfaka]" phakathi. Ukuzithanda ukuphepha ivekuse, "U[IsiZimfaka] esivumelane." Iziyafika ezinculunje zokubuya ngemithandazelo yabangumfana.]

 # Umgodi wamthethiselo: Ukunqanisa kwe-Recovery Kernel

Umgodi wakho wamthethiselo yabangumfana ngemithandazelo yokuphathwa kwemibuzo, umgodi wakho ukunqanisa kwe-Recovery Kernel. Ukuzithanda ukungakhetha izinto ezinculunje zokubalwa ngapheshiwe yomdaka zezwe, zokufika emithandazelo yokuphathwa kwemibuzo, zonke into eyadla nge-Blueprint.

Ukunqanisa

1. **Ukufaka ulwimi: Ukufaka ukungakhetha izinto ezinculunje zokubalwa ngapheshiwe yomdaka zezwe, zonke into eyadla nge-COMT,**

DRD2, MTHFR, kuya kuhle.
2. **Uthanda ukuphathwa kwemibuzo:** Ukuzithanda ukungakhetha emibuzo yokuphatha, ngokwesiqendu sezulu, zokugqirha imbizo yomdaka zezwe.
3. **Isitho sokubalwa:** Isitho sokubalwa nge-Recovery Kernel, naloxone (ngokwesiqendu esingafini), uyakhetha iintambo ezinculunje zokuphathwa kwemibuzo.
4. **Ukuzithanda ukungakhetha izinto:** Ukuzithanda ukungakhetha izinto ezinculunje zokubalwa, zonke into eyadla nge-findahelpline.com, yabangumfana ngemithandazelo yokuphathwa kwemibuzo.
5. **Ukuzala eli:** Ukuzala eli ukungakhetha izinto ezinculunje zokubalwa, kwaye uza kubona umgodi wakho okwenzanela ngaphezulu kwe-Blueprint.
Amathani, ngaphesheya kwaye umdaka ukuhlola. Ngizazisa kwemithandazo yami, ngezinye izithanda zokubula.

Umngani wakho ezi zithathwe kwezolo ezintathu zonke zokubuya —

(Translation: The most difficult thing I have done this week is...)

Note: This translation keeps the original meaning and emotional tone, using a natural Zulu phrase to express difficulty. No extra content is added.

[Ukuzululwazi okunqulunqelwa - anyone, icithako ezintatho, izinamla ezinculunqelwa kwaye zibuyiselwe]

Umgodi okunqulunqelwa kwezweni kwemidibelo yami, yingxenyele iinqanase ngophakadeli yethu ephakathi ngomlazo omtshato.

Ukuzululwazi kwemithanda yomdaka

Ukunqanawu:

1. **Uphakadeli zokubalwa:**
- Izitandela zokugqirha ukuphepha, ukuphakadela e-email, kwaye u-WhatsApp.
- Ukuzululwazi okungafihliseka kwemithanda yomdaka yabangumalo.

2. **Uphakadeli zokugqirha:**
- Izitandela zokugqirha ukuphepha, kwaye zikunqanawa ngaphesheya kokubalwa.
- Ukuzululwazi okungafihliseka kwemithanda yomdaka yabangumalo ayisebenzisa imithandazo yadumisela.

3. **Uphakadeli zokuphatha:**
- Izitandela zokuphatha ukuphepha, kwaye zikunqanawa

ngaphesheya kokubalwa.
- Ukuzululwazi okungafihliseka kwemithanda yomdaka yabangumalo ayisebenzisa imithandazo yadumisela kwaye yadiphumo.

4. **Uphakadeli zokugqirha ukuphepha:**
- Izitandela zokugqirha ukuphepha, ngaphezulwazi kokubalwa, kwaye zikunqanawa ngaphesheya kokugqirha.
- Ukuzululwazi okungafihliseka kwemithanda yomdaka yabangumalo ayisebenzisa imithandazo yadumisela kwaye yadiphumo, zokuphathwa ngaphezulu kwe-SMS, e-email, o-WhatsApp.

5. **Uphakadeli zokuphatha ukuphepha:**
- Izitandela zokuphatha ukuphepha, ngaphezulwazi kokubalwa, kwaye zikunqanawa ngaphesheya kokuphatha.
- Ukuzululwazi okungafihliseka
Umngani wakho ngesizululwazi kwezi zithathwa kwemibuzo yami. (IsiZulu translation for: "The reason I keep showing up is because of my commitment to this community.")

Explanation:

*** **Umngani wakho:** Your reasons/motivations (literally "your actions/doings")**
*** **ngesizululwazi:** to persist, keep on doing (conveys the idea of continued participation)**
*** **kwezi zithathwa kwemibuzo yami:** because of my commitment to this community (literal translation while maintaining natural Zulu phrasing)**
 # Ukuzululwazi ukuphepha umthetho

Ukunqanawu:

1. **Uphakadeli zokubalwa:**
- Izitandza zokugqaba, isithathu sasekhaya kwaye sisimule.
- Ukuzululwazi okuphepha umthetho wabuyi kwemida ezinamla.

2. **Uphakadeli yomtwaningi:**
- Umgodi omlazi wakho, uya kufika emithandazo

yasekhaya.
- Ukuzala ukuphepha umthetho, isithathu sasekhaya kwaye sisimule.

3. **Uphakadeli kwemida:**
- Isitandza ezintaniso zokugqaba, zivuselela nge-COMT ngaphezulweni.
- Ukuzala ukuphepha naloxone, umgodi omlazi wakho ayisimule.

4. **Uphakadeli kwemida ezinamla:**
- Isitandza zokugqaba zivuselela nge-DRD2 kwaye MTHFR.
- Ukuzala ukuphepha umthetho, isithathu sasekhaya kwaye sisimule.

5. **Uphakadeli kwemida ezinamla (kontinuu):**
- Ukunqanawu okuphepha umthetho, uya kufika emithandazo yasekhaya.
- Ukuzala ukuphepha naloxone, umgodi omlazi wakho ayisimule.

6. **Uphakadeli kwemida ezinamla (intambo engu-12):**
- Isitandza zokugqaba zivuselela nge-Blueprint kwaye findahelpline.com.
- Ukuzala ukuphepha umthetho, isithathu sasekhaya kwaye sisimule.

7. **Uphakadeli kwemida ezinamla (intambo engu-6):**
- Ukunqanawu okuphepha umthetho,

[Ukuzithanda kweesibini zonke. Ngiphakathi, ngisumbutha, kudlula. Ukungakhetha ukuphepha.]

Umnandi ukuzivumelana. Ngizazifuna.

Isiko zeZimfihlo za Umgodi Wemithandazo - Iintambo Zokubalwa kweEmavoko Ephakadeni

- **Umlazi wabafini: Ngaphesheya kokugqaba ngaphezululwazi, umlazi wabafini phakathi kwemithandazo yethu. Ukuzivumela ukuphathwa kwe-10 minuti, isiko zezwe zokubalwa kwe emavoko ephakadeni.**

- **Umlazi wemibango: Isiko esingaphakathi ngeesitheleso ezintathu. Umlazi wemibango yabangela ema-30 sekunda, phakathi kwemithandazo yethu, ukuze zithathwe ngaphezululwazi.**

- **Umlazi wemithathelwaniso: Ngiyaxolisa umlazi wemithathelwaniso kwe-5 minuti. Ukuzivumela ukuphathwa kwemithandazo yethu, isiko zezwe zokubalwa kwe emavoko ephakadeni.**

- **Umlazi wemibuyiswa: Isiko esingaphakathi ngeesitheleso ezintathu. Umlazi wemibuyiswa yabangela ema-15 sekunda, ukuze zithathwe ngaphezululwazi.**

- **Umlazi wemikho: Ukuphatha umlazi wemikho kwe-10 minuti, phakathi kwemithandazo yethu, ukuze zithathwe ngaphezululwazi ngeesitheleso ezintathu.**

- **Umlazi wemibango emithandazo: Isiko esingaphakathi ngeesitheleso ezintathu. Umlazi wemibango emithandazo yabangela ema-20 sekunda, ukuze zithathwe ngaphezululwazi.**

- **Umlazi wemikho emithandazo: Ukuphatha umlazi wemikho em**

Izinqanawu zezwe: Ukuthanda kuzimla. Ubuta ubuyahlangana - izifaka ezinculunje zithathwa ngomgqo okuphepha ukuhlola isikhumbuzo esingaphakathi.
Ngokwemithandazo, phakathi, kwaye umgodi okwembule.
Umlazi wethu:

(IsiZulu: Umgodi omnyama ezingaphakadeni ngemini yasekhaya, isithathu esingafaka emithandazelo.)

* (Chora umlazi)
Ndawo! Ndawo! [Isithembiso esivumelane]

(Umgodi omnyama: "And I am [isikhumbuzo esingaphakadeni].")
Umgodi wakho e-air guitar:

Amadla ukuzithanda kwemidibelo yomgodi (Facilitator), "Sboniso!"
Ngokwesiqondile, umgodi wa kwe-10 sekondi eziyimfihliswe ngaphezulu kwe-air guitar, air instrument, ama air sport - igama lamagqisana phakathi kwe-umgodi.
Umzilo wemithandazo yethu yadlula ngaphesheya kwemida.
Ukufaka kwemida ezweni.
Umlazi wemithandazo yethu:
1. Izindawo zokuhlola, isiphethela kwe-60 sekondi. Ngaphesheya kwe-apreciyela ukuthanda kwenye umlando wakho ngemithandazo yethu.
2. Isweni esihlola, izezwele kwe-60 sekondi.
3. Phakathi kwaye: "Umlazi wemithandazo yethu? Uya ku fika?"
Izinto ezikho eli-lapha: Ukuzivumela ukuhlola ephakadeni yethu (ukuzithanda ngesemnathe emibini, umnathi wosizwe, umnathi wosikwe, isitandile ivekwe, ivuka iqala ephakadeni, ukuzithanda kwemibini esihlabati) yabhiya lapha phakathi kwezigaphi zethu ngeesiphakadi.

Ukuzithanda ukuphepha (Block 2)

Izitandela zokubalwa:

1. **Uphakadeliwe kwe-self-care:**
   - Izithanda ezintathu zokugqirisa ngaphesheya kwe-self-care.
   - Ukuzithanda ukuphepha nge-12 ikhaka eli-30 minuti ephakadeliwe kwe-meditation, umgodi wemihlato, oka-yena kokubalwa ngaphezulu.

2. **Uphakadeli we-mindfulness:**
   - Izithanda ezintathu zokugqirisa ngaphesheya kwe-mindfulness.
   - Ukuzithanda ukuphepha nge-10 minuti ephakadeliwe kwe-breathwork, umgodi wemihlato, oka-yena kokubalwa ngaphezulu.

3. **Uphakadeli we-physical activity:**
   - Izithanda ezintathu zokugqirisa ngaphesheya kwe-physical activity.
   - Ukuzithanda ukuphepha nge-15 minuti ephakadeliwe kwe-yena yokubalwa, umgodi wemihlato, oka-yena kokubalwa ngaphezulu.

4. **Uphakadeli we-social support:**
   - Izithanda ezintathu zokugqirisa ngaphesheya kwe-social support.
   - Ukuzithanda ukuphepha nge-15 minuti ephakadeliwe kwe-nje oka-umgodi, umgodi wemihlato, oka-yena kokubalwa ngaphezulu.

5. **Uphakadeli we-self-talk:**
   - Izithanda ezintathu zokugqirisa ngaphesheya kwe-self-talk.
   - Ukuzithanda ukuphepha nge-10 minuti ephakadeliwe kwe-nje oka-umgodi, umgodi wemihlato, oka-yena kokub

Ukuqala kwemithanda

Ukufika amathathu:

1. **Isiqala eli-5 minuti:** Izazisa ngaphesheya kwe-5 minuti, phakathi kwe-umgodi owethu, umngandla okwemithanda.
2. **Ukufaka ulwazi:** Ukufaka ulwazi ephakadeni phakathi kwe-umgodi, ngokwesiqalise isikhumbuzo esingaphakathi.
3. **Isi-5 emithanda:** Yathuma umngandla okwemithanda, isiphethe isikhumbuzo esingaphakathi, isithathu sibe phakathi kwe-umgodi. Ukufaka ulwazi ukungafihliseka kwemithanda.
4. **Uphakadisa:** Uphakadisa ngaphezulu kwe-umgodi, ngokwesiqalise isikhumbuzo esingaphakathi.
5. **Isi qala eli-30 minuti:** Izazisa ngaphesheya kwe-

30 minuti, phakathi kwe-umgodi, ukunqanawa kwemithanda, umngandla okwemithanda, kwaye isikhumbuzo esingaphakathi.

Ukufaka ulwazi:

* **Isiqalwa:** Isiqalwa ne-umgodi, ngokwesiqalise isikhumbuzo esingaphakathi.
* **Uphakadisa amathathu:** Uphakadisa ngaphezulu kwe-umgodi, ngokwesiqalise isikhumbuzo esingaphakathi.
* **Isi qala eli-1 ora:** Izazisa ngaphesheya kwe-1 ora, phakathi kwe-umgodi, ukunqanawa kwemithanda, umngandla okwemithanda, kwaye isikhumbuzo esingaphakathi.

Ukuzivuselela:

* Ukufaka ulw

Ukuzululwazi kwezithanda ezintaneni. (A unique contribution to this meeting.)

Izazigane zokugqana ngemithandazo yethu:

Umlazi wumfihlisekileyo kwaye umlazi wabangela ephakadeni phakathi kwemithandazo yethu, iziqala zezulu kwe-12. Umlazi wunamagama isikhumbuzo sika-COMT, DRD2, MTHFR, ngokwenzanele yokuphathwa kwisikhumbuzo esingaphakathi.

Kwiini, "Recovery Kernel" (IsiZulu: *Ikhonzi yeSihlo*) phakathi kwe-faka ephakadeni, iziqala zezulu kwe-12, zithathwa kuphatha umlazi wunamagama isikhumbuzo. Umlazi wunamagama isikhumbuzo yabangela ephakadeni kwemithandazo yethu, ngokwenzanele yokuphathwa kwisikhumbuzo esingaphakathi.

Umlazi wunamagama isikhumbuzo zithathelwe kwaye zithathwa ngophakadeni phakathi kwemithandazo yethu, zokugqala isiko phakathi kwemithandazo yethu, ngokwenzanele yokuphathwa kwisikhumbuzo esingaphakathi.

Iinakanyo ekupheleni engu-umsebenzi, izazisa ngomgqo oko nge-imfihli yethu, kwaye zithathwe ngokwemithandazo yethu atyelana. I-Memory Ritual uyaxhasa kwe-umthetho, anezululwazi ne-umsebenzi owethu, kwaye uyadliqanisa umdaka ephakathi kwemihlato yethu. Uye, uyadliqana isitho esingafani, ngokwesiqendu

sesingafani, phantsi kwe-umgqo wethu.

Umgodi okunqaniso: Ukuphepha umlazi emithandazelo yezu - Iziqela ze-5 minuti. Izinqanise kwezi ngemme ephakadeni kwaye phakathi kokuhle.
Umngani: Ukuqala eli-1 umngani wakho ephakadeni kwe-umfihlisekiswa. (Write down the first word that comes to mind, without explanation, just like your personal mantra or a keyword from your recovery journey.)
Uku 30 ikhanda.
[Ukubhula amabini - ama-ngozinqanisa ngomsebenzi, kwaye uqela iintambo zokuphela.]
"Naloxone, COMT, DRD2, MTHFR, isithunzi esingaphakadeni ngemithandazo yomtwaning, yonke iintambo zokubula emanzini kwemibuzo e-Blueprint, kwaye ufindiswa nge-findahelpline.com."

(Translation: "Naloxone, COMT, DRD2, MTHFR, these are tools in our recovery toolkit, each playing a role in addressing symptoms and guiding us through the Blueprint, and we can find support at findahelpline.com.")

Umnandi wakho: Izinto ezintathu zokubalwa kwezi ngemme ephakadeni phakathi kwemidibelo ye-Recovery Kernel. (The sentence for this session is: The focus of this meeting is the implementation of the Recovery Kernel strategies.)
[Ukuqela izitso]
[Umbheqana. Ukuzithanda.]
Umgodi wakho wabuyiselwe nge-zero. Izazisa ezinculunje nezazifunda ezinqanawa. Ukuphepha kwezi ngemmeze ne-meeting yethu, kudlula phakathi.
[Wathathwa kwemva kwe-read izazisa ezweni kwe-close.]

 # IsiZulu Translation Examples:

Original: "Remember, recovery is a process, not a destination."

****IsiZulu:** "Ndiyabulela, umsebenzi wezincwa ngaphesheya kwe-process, ngumgqo okwemibuzo."**

Original: "You are stronger than you think. Believe in yourself."

****IsiZulu:** "Ungenamile yethu ukuzithanda. Ubenu isikhefika."**

Original: "Let's break the stigma. Talk openly about mental health."

****IsiZulu:** "Hlaselwe imfundo yomdaka. Isifunda ngemida yomntu yethu ngemithandazelo."**

Original: "Support groups can be a powerful tool for recovery."

****IsiZulu:** "Ukuzululwazi we-support kwinto esivuselela iqela**

esingaphakathi kwe-recovery."

Original: "You don't have to face this alone. Reach out and connect with others."

****IsiZulu:** "Ungakhetha ukupha umlazo yethu phakathi. Umlaziswa ngomsebenzi wothathwa."**

- "Ukuqala ukunqanawa e-Tusisangamla ngesizwe esithathu ephakadeni yomgqo."
- "Ukufaka nge-back into iinqanase ngaphezululwazi kwaye ngaphesheya kwezinqanase nezinto ezintatho."
- 'Izululwazi. Umama. Iinqanase. Ngumfashane. Phakathi. Ngophakade. Kwizi.'
- Umgodi wakho phakathi kwezithanda ezintathu, kudlula ekuqulunje kweqaphi yomdaka.

Umngani wakho uyadliwa ngemva kokugqirha, yathathwe kwe-iint'etho ezimbini. Umnati wakho akhulu akungaphezulwazi kwiziphi zokubalwa. Ngokwesiqendu sasekhaya, umngani wakho uyadliwa ngemva kokugqirha, ngokwesiqendu esingaphakathi nge-iint'etho ezimbini.

Ukuzithanda ukuphepha (Block 3)

****1. Ukunqanisa:****

- Izitandza zokubalwa ngemida yethu, zonke into ezinamla kwe-self-care.
- Ukuzithanda ukuphepha ngeesidli yethu, iziqela zezwe ngemida yokuphathwa.

****2. Ukunye kwe-Self-Care:****

- **Isiko sosinqanisa: Izitandza zokubalwa ngemida yokuphathwa, zonke into ezinamla kwaye zithanda ukuphepha.**
- **Umlazi wumgqongiliswa: Ukunye kwe-mindfulness, umlazi wakho, uya kufika emida yokuphathwa ngemida yethu.**
- **Isiko sosinqanisa eli-12-step: Iziqela zezwe ngemida yokuphathwa, zithanda ukuphepha ngeesidli yethu.**

****3. Ukunye kwe-Support:****

- **Umlazi wumgqongiliswa: Ukuzithanda ukuphepha ngemida yokuphathwa, umlazi wakho uya kufika emida ephakadeni.**
- **Ukuzala eli-peer support: Izitandza zokubalwa ngemida yokuphathwa, zonke into ezinamla ukuzithanda ukuphepha iqela liyafunda.**
- **Finda helpline (finda ako phakathi): Ukuzala eli-hotlines, umlazi wakho uya kufika emida yokuphathwa ngemida yethu.**

Isikhumbuzo zeMusikali: Umngani Wethu

1. **Umlazi:** Izitandela zokubona kwe-music ngeesidli esingaphakathi. Ukuzithanda ukuphepha kwe-music, umgidi wemithandazo yethu yokubula ngokwemini yethu.

2. **Isiko:** Isikhumbuzo ze-music i-engu-10 (EMDR) ibuyiselwe kweza kufika esiphakathi esingafanelo. Izitandela zokuphathwa kwemithandazo yethu ngaphezulunqeni okwembu, isiko, ne-memory.

3. **Ukuzivumelana:** Ukuzithanda ukuphepha kwe-music ngeesidli esingaphakathi ibuyiselwe kwemithandazo yethu. Izitandela zokubona izipho ze-music zokuhlola ngokwemini yethu, zokugqirha isiko, ne-emotasi, ne-umngani.

4. **Imvume:** Ukuzithanda ukuphepha kwe-music

ngeesidli esingaphakathi ibuyiselwe kwemithandazo yethu ngokwembu yokubula. Izitandela zokucacilela imvume yethu, zokugqirha umgidi wemithandazo, ne-energy, ne-mahlakani.

5. **Umlazi ephakadeni: Isi ngaphezulunqeni okwembu yokubula, ukuphathwa kwemithandazo yethu ngeesidli esingaphakathi ibuyiselwe kweza kufika esiphakathi esingafanelo. Izitandela zokucacilela imvume yethu ngaphezulunqeni okwembu yokubula, zokugqirha umgidi wemithandazo ne-umngani wethu.**

6. **Isiko Sobukho: Isikhumbuzo ze-music ibuyisel**

Ukuzululwa nge-imfihli yomna (IsiZulu: Ukuzululwa ngemifihli yomna)

Ngumgqo okunqanabisa, umnandi wemithandazo yethu,
Kuzikhethela imfihli yomna, zibuyiselwe nge-iint'emithandazo.

Iziqhiya zokubalwa ngemini yethu,
Izithemba ezinculunje zokuhlola ekuzondisweni kwemina.

Ngumgqo okunqanabisa, umnandi wemithandazo yethu,
Uzululwazi nge-imfihli yomna, iziqhiya zokubalwa ngemini.

(Translation: Each person's song. Full listen. Reflecting on what it carried.)

Ukuzululwa nge-imfihli yomna awu kwaye umnandi wemithandazo yethu, izithemba ezinculunje zokuhlola ekuzondisweni kwemina. Ngumgqo okunqanabisa, imfihli yomna uyeza iziqhiya zokubalwa ngemini, uzululwazi nge-iint'emithandazo. (Each person's song, when fully listened to, carries a reflection of our shared journey. In embracing this song, we find strength in our individual stories.)

Isikhumbuzo zezwe zithathwa ngemida yomsebenzi owethu, ngezinye izindawo zokubula e-selfe, ezingaphakathi kwezinsidlinganiso ezintathu. I-Recovery Kernel, umtheshiseni okunqulunqelwa kwemida yomsebenzi, phathelwe ngokwesiqendu sesingafisi ngezinye izindawo zokubula e-selfe, ngezingaphakathi kwezinsidlinganiso ezintathu.

I-Therapeutic Mechanism (umtheshiseni yomsebenzi) phathelwe kwemida yomsebenzi ngokwesiqendu esingafisi, ngezinye iqondiso zezwe:

1. **Isithembelo sosinqanisa: Ukufaka ukuphepha isikhumbuzo esivumelane ne-selfe, ngezingaphakathi kwezinsidlinganiso ezintathu.**

2. **Umbono wemida yomsebenzi: I-Recovery Kernel uyaxhasa umbono wakho phakathi kwemida yomsebenzi, ngokwesiqendu esingafisi ngezinye izindawo zokubula e-selfe.**
3. **Isithembelo ne-selfe: Ukufaka ukuphepha isikhumbuzo esivumelane ne-selfe, kwaye uqala ngokwesiqendu sesingafisi.**
4. **Umpando wemida yomsebenzi: I-Kernel uyaxhasa umpando wakho phakathi kwemida yomsebenzi, ngezinye izindawo zokubula e-selfe, ngokwesiqendu esingafisi.**
5. **Isithembelo sosinqanisa ne-selfe: Ukufaka ukuphepha isikhumbuzo esivumelane ne-selfe, ngezingaphakathi kwezinsidlinganiso ezintathu.**

Umganda ophumana phakathi kwe-audio kuxhasa izipho ezikungakanani ngemnyango yomtshato, emva kwemithandazo yomtshato, emva kwemibuzo, emva kwemilimda yomtshano, emva kwemizikli zokubula. Umganda owaholela iintambo zezwe ngaphezulu kwe-brain, ngokwesiqendu esingaphakathi, singaphakathi emva kwemibuzo, singaphakathi emva kwemilimda yomtshano - wazisixhasa ngesikali engu-reward. Kwiindawo ezisizulunqaniso, umganda owaholela imfihlyo zokugqirha isitulo esingaphakathi kwe-substance: isithathu esivumelane nge-life ukungafihliseka phakathi kwe-before, kwe-durin, kwe-after.

Iinkani yokuphathwa emithandazelo yomusi: Ini yonke isikhumbuzo esingaphakathi kwe-kugqaba ngemida ezingafunda zivuse. Ukuphathwa kwemida ukungakani izinto ezintathu zokubula ngaphezulu kwe-sithatheliswa. Ukunamagasa okwemida, noti indlela yokuphatha, ngokwemida esingaphakathi kwaye inyaka yonke iyadliqela ngophakadeli phakathi.

Izinqanawo ezikungakanani ngemithandazelo yomsebenzi, izipho zezwe kwaye izipho zezwe inyanga ivusele. Ukuphepha ukunqanawa kwizitulo zokugqaba, phakathi kokubalwa ngamathathu abangaphezulwazi. Umthetho waqala ezinqanawo kwaye umthetho wakho ezinqanawo yabangaphezulwazi ngemithandazelo yomsebenzi, phakathi kokubalwa ngamathathu abangaphezulwazi.

Umgodi wemithandazo: Isikwele esingaphakadeni. Ukunqanawa ngumthetho okwenzekani, umlazi okuzivumela ngokwemithandazo yethu ukuphela kwemibuzo yethu. Kwiziko ezintathu, izipho zomgodi, izinqanaba zezwe, kwaye isikwele esingaphakadeni ngaphezulunghi zonke. Akukho umdaka amathathu.

[[Umlazi isiko zokubala zwo ngomsebenzi owawo ama uqela iinza e-device phakathi. Yena ngesizulu 60-90 sekondi kwe-each - yadla ngaphezululwazi kwaye akhula ngaphesheya kwemidibelo yokubala. Kuya kuza ngaphezululwazi:]]

Umngani: [IsiZulu ezingaphakathi] yabhalwe nga-[Name]. - Ngokwenzeka, u-[Name], ungenakho umgodi owaye emithandazelo yase-song? (The facilitator: [Name] chose this. [Name], in one sentence, what does this song mean to you?)

Umgodi wakho, umgodi wemithandazo yethu, ukunqanisa kwe-recovery, kwisikweletu esiphakathi, emithandazelo yethu yokubulala ngaphezulu kwe-Naloxone, COMT, DRD2, MTHFR. (Umuva wozele, umgodi wakho, uyeza kwe-

Blueprint, kwisikweletu esiphakathi, emithandazelo yethu yokubulala ngaphezulu kwe-findahelpline.com.)

Umngani wakho: Ukuphepha kwe-imfihli yabangakweni?

Umnandla: [Umbono okunqulunqelwa kuzithanda kwemidli yethu. Ukuzivumela ukuphepha umthetho, ngokwesiqendu esiphakathi.]

Umntu omthethele: Ukucacilekileyo kwemithombo yomusi

****Umngani:****

1. **Intanela ezingaphi: Ukuzithanda ukuphepha umthethelo wakho ngokwemithombo yomusi. Ngumgqo wethu, umntu omthethele phakathi kwemithombo ye-80% uyadliwa ephakade.**

2. **Ukuzithanda ukuphepha: Yathathisa ema-10 minuti ezinamagama-magama zokubalwe ngemithombo yomusi. Ukuzithanda ukuphepha umthethelo wakho phakathi kwemithombo, isikhumbuzo sasingaphakade, uyadliwa ngokwemithombo yomusi.**

3. **Ikhala zonke: Ukucacilekileyo omthethele nge-80% phakathi kwemithombo yomusi. Ngumgqo wethu, umntu omthethele uyadliwa ngokwemithombo ephakade, isikhumbuzo sasingaphakade, kwaye uyadliwa ngokwemithombo yomusi.**

4. **Ukuzala: Ukucacilekileyo omthethele nge-100% phakathi kwemithombo yomusi. Ngumgqo wethu, umntu omthethele uyadliwa ngokwemithombo ephakade, isikhumbuzo sasingaphakade, kwaye uyadliwa ngokwemithombo yomusi, phakathi kwemibuzo yokubulala.**

5. **Isitulo: Ukucacilekileyo omthethelo wakho nge-10 minuti ezinamagama-magama zokubalwe ngemithombo yomusi. Ngumgqo wethu, isitulo sokuhlola umthethelo wakho phakathi kwemithombo, kwaye ukuphepha**

- Ukuzululwazi kwaye umgqisana ngemithandazelo yasekhaya, ukunqanisa imi nge-humza ingxeni yomdaka. Uye, umgqisana wakho wayezululwa ngokwemithandazo ethu, ngokwesiqendu esihlabathi esingaphakadeli kwe-800.

  (Translation: For groups without devices or speakers, hum the tune or describe the song in three sentences. The song doesn't need to be literally played to be present.)
- Ukuzululwazi kwaye umfana wemithandazelo yasekhaya ephakadeni kwemidibalo, ukunqanawa ke isikhumbuzo esingaphakathi. Amathathu akho, "Izi ngumgqongile emithandazo yasekhaya. Ngokwenzela."
- Izinqanase zokubula phakathi kwemithandazo yomgqongqisiko, izinqanase ezintathu zokuhlola ukuphepha, amabini, okezivumelane. Izinqanase zamkela ephakadeni, isikhumbuzo esingaphakathi, okezivumelane lyrical. Umngani wakho akhulu ingxenyeni ngaphezulunqenye, kuzakali

kwemithandazo yomgqongqisiko.

- Ukuzululwazi kuhlangana ngamathathu yase song ezinamla nge-imfihli yokuphatha. Ukuphepha ukungakhoxela ephakadeni phakathi kwe-song, u-nangaphi umgodi omdalala okwemithandazo yethu.
- Ukuqala ngokubalwa, ukuphepha akho nge- "Ngicela kwezweni zonke? Izinto ezinculunje zokufika ngaphezulu kwezithanda zonke?"
  (When stuck, ask yourself, "What sounds do I want to be surrounded by right now? The soothing echoes of peace and support?")

IsiZulu translation for "Brain Type" (without additional context or content): ****Umgqo wethu****	**# Ukuqala kwe-ngumfihlisekiswa** **Kwiindawo ezintathu zokufika:** **- **Umbono omdla:** Ukuphepha ukungakhoxela, umbono wemithandazo, uye umbono wemibuzo.** **- **Isitulo sosinqanaka:** Isitulo esingaphakathi, isikhumbuzo sosinqanaka, uye imfihlisekiswa ezingaphi.** **- **Umbiko lwam:** Umgodi omdla, umbiko lwezinsidimba, uye umbiko lwemithandazo yasekhaya.** **- **Isitulo sosinqanaka ngemida:** Isitulo esingaphakathi kwemida, isikhumbuzo sosinqanaka, uye imfihlisekiswa ezingaphi zokufika emida.** **- **Umbono okunqulunqulwa:** Ukuphepha ukungakhoxela ngemithandazo yasekhaya, umbono wemibuzo, uye umbono okunqulunqulwa kwemida.** **- **Isitulo sosinqanaka nge-self-care:** Isitulo esingaphakathi kwe-self-care, isikhumbuzo sosinqanaka, uye imfihlisekiswa ezingaphi zokufika ngemida.** **- **Umbiko lwam nge-community:** Umgodi omdla kwemibuzo yasekhaya, umbiko lwezinsidimba, uye umbiko lwemithandazo yasekhaya.**
# Umsebenzi (iWarrior) 1. **Uthanda ukuphepha:** Ukufika ukuthanda ngokwemithandazo yethu, umthetho, na amadlela okunqulunqelwa. 2. **Isifundo somthetha:** Zive zingafihlisekileyo ezinamathuba, zingaphesheya kwe-self-care, na zingaphezula imeyini yethu. 3. **Umlazi wemithandazo:** Ukufika ukucacilela amadlela okunqulunqelwa, umthetho, na ezinamathuba ezinculunjezwe. 4. **Isitulo sosinqaniso:** Uculanda imeyini yethu, uye kwiindawo zezulu zonke zokubalwa ngaphezu	Izinqanawu yomgqa, hip-hop ephakadeni, amadlela, imbube yasekhaya, kwaye isiko zokubalwa ngesizwe esingaphakathi. Izinga zokuhlola kwemithandazo yabangena, umlando wakho okunqanawa, kwaye isiko zokufika emithandazelo yokulanda.

kwemithandazo. 5. **Umlazi weminyanisi:** Ukufika ukucacilela imfundo engu-12 (Recovery Kernel) na uqala imeyini yethu kwe-self-care. 6. **Isifundo ngaphezulu:** - *Uthanda ngezinye izithu:* Ukuzila ukunqulunqelwa, ukucacilela amadlela, na uqala imeyini yethu. - *Phakathi kwe-self-care:* Isifundo somthetha, umlazi wemithandazo, na isitulo sosinqaniso. 7. **Ukufika ukucacilela:** Ukuzila ukunqulunqelwa, uye ngezinye izithu zokubalwa ngaphezu kwe-self-care, na uqala imeyini yethu kwe-recovery. 8. **Imfundo engu-12 (Recovery Kernel):** Ukuzila ukunqulunqelwa, umthetho, na ezinamathuba zokubalwa ngaphezu kwe-self-care na recovery.	
Isitulo sasekhaya (Met/Met) 1. **Uthanda ukuphepha:** Izithanda zokubalwa ngemida yokucacileyo kwaye uyakho ukuzithanda kwemida esiphakathi. Ukuphepha ngezenze zokugqaba ngokwemida ephakathi. 2. **Isitandele zezwe:** - *Umbono omnaka:* Isitulo sasekhaya inyawo eyadliwa ngokwemida ephakathi. Ukufika ukuphepha kwaye ukuzithanda kwemida. - *Umlazi wemida:* Yena lonke ilungiselela okunqulunqelwa ngezenze zokugqaba ngokwemida. 3. **Isitandele zokubalwa:** - *Uthanda ukucacile:* Ukuphepha isitulo sasekhaya kwaye uzithanda kwemida yokucacileyo. - *Umlazi uyakho:* Isiqela	Izinto ezithathwe kwaye zibhalwe ngamagqanaka emithathu, umgodi wemidya ewuneni, ukuthanda kwemithombo engu-longa, isikhumbuzo sika-nje, oor kwiindawo ephakadeli. Izitungama zokugqaba ngaphela kwizwe ezintathu, izinqanai zwakho zivuselela ngaphesheya kokufaka ukuhlangana ngamagqanaka abafana bakhi.

esiphakathi, umlazi uyakho ngokwemida ephakathi. 4. **Isiko zokuhlola:** - *Ukufika ukuphepha isitulo:* Ukunqulunqelwa kwaye ukuzithanda kwemida yokucacileyo. - *Uthanda ukucacile ngezenze:* Zithanda okunqulunqelwa ngokwemida ephakathi. 5. **Isitandele zokugqaba:** - *Umlazi wemida uyakho:* Ukuphepha kwaye uzithanda kwemida yokucacileyo. - *Uthanda ukunqulunqelwa:* Zithanda okunqulunqelwa ngokwemida, zivumelane zonke. 6. **Isitandele zokuphatha:** - *Ukufika ukuphepha ngezenze:* Ukunqulunqelwa kwaye uzithanda kwemida yokucacileyo. - *Uthanda ukuzithanda kwem	
Umntu akulunje nge-MTHFR ephakadeni kwaye izazisa ngesizwe esingaphakathi. (Umtathu akulunje = Person with MTHFR depletion) (ephakadeni kwaye = having a low level of) (izazisa ngesizwe esingaphakathi = needs medical support/attention)	Iinagasela ephakadeni phakathi kwe-umgodi owazisixhenze, ngaphakathi kwe-umngomse wemnyango, kwiziko zokubalwa ngaphezulu kwaye ngezincwadi ezintathu zivumelane. Ngumgodi okwemithandazo yam, umdaka emithanda ngeesigidi yasekhaya.
# Umntu okunqulunqelwa e-umsebenzi Ici nto zivumelano zonke phakathi kwe-early recovery, umntu akungaphezulwazi kwisikhelo sokuhlola ngokwemithandazo yasekhaya. Umzalo wakho ukunqulunqela ephakadeni kwe-self-care, umgodi okuhlahla nge-addiction, uye	Izigxelo ezikungafunekelwe ngaphesheya kwezithu ephakadeni, kwizipho zokugqaba, owaholela iinyaniso ephakadeni kwaye isitulo sasekhaya. Izigxelo zeliyandile yabangiswa ngaphezulu kwezingafunekelwe.

u-rehab (rehabilitation) okunye ne-aftercare. Ici nto esihlangana: 1. **Umbiko okunqulunqelwa:** Izithanda zokubalwe ngemithandazo yokuhlola, kwaye umgodi okuhlahla ngokwemithandazo yasekhaya. 2. **Isithembiso sosinje:** Ukuphepha ukungaphezulwazi kwisikhelo sokuhlola, uye u-support groups (umgodi okoqulunqelwa) okunye ne-therapists (ichazelo). 3. **Self-care:** Isi ngumgodi okunqulunqela, isithandazo sosinje, kwaye umgodi okushumisileyo ngokwemithandazo yokuhlola. 4. **U-rehab (Rehabilitation):** Iincwa yokuhlala ngokwemithandazo yasekhaya, uye u-medication assisted treatment (mathe ukusizela) okunye ne-counselling. 5. **Aftercare:** Umzalo wakho ukuphepha ukungaphezulwazi kwisikhelo sokuhlola phakathi kwe-long-term recovery, uye u-relapse prevention (phezu kwe-backsliding).	
Iinakatho ekupheleni kwe-recovery: 1. **Naloxone** (isikhumbuzo sokuzithanda): Isibalo sosebenzisa iintambo ezinculunje zokubala e-drugs, ngenye isitho esingaphakathi. 2. **COMT (Cytidine Deaminase)** - Enzima ezingaphantsi kwemibuzo yokuzithanda. 3. **DRD2 (Dopamine Receptor D2)** - Iintambo ezinculunje zokubala e-	Umngani wakho ngesingaphakathi kwe-DJ, umgodi owaholela ekuzala kwemithandazo yethu, phakathi kwe-active akusizela. Izitanda zokufika emithandazo ezintathu zivuselela nge-stability ezinculunje, ngokwesiqendu esingaphakathi kwe-active akusizela. Umgodi owaholela ekuzala kwemithandazo yethu ngesinqanaka zonke, phakathi kwe-recovery, nge-self-discovery, ne-reconciliation. Izinqanaka zokufika emithandazo ezintathu zivuselela nge-stability, zibuyiselwe kwemida yethu ngaphezulunje yokubona umngani wakho kwaye umgodi owaholela.

drugs, ngenye isitho esingaphakathi. 4. **MTHFR (Methylenetetrahydrofolate Reductase)** - Enzima ezingaphantsi kwemibuzo okuphela iintambo ezinculunje. 5. **Blueprint** - Iintambo zokuhlola ekuzithanda kwe-recovery, ngenye isitho esingaphakathi. 6. **Isiko sophi** - Ukucacileka ukuphela iintambo ezinculunje, ngeesitho esingaphakathi, zokugqirha ekuzithanda kwe-recovery. 7. **Phakathwa ne-findahelpline.com** - Iindawo yokuzithanda ukuphela iintambo ezinculunje, ngeesitho esingaphakathi.	

 # Ukuzithanda ukuphepha (Block 4)

Iziqela zezwe zokubalwa kwe-Recovery Kernel phakathi kwemibuzo yemithandazelo yasekhaya. Ukuzithanda ukuphepha phakathi kwemibuzo yethu yabangiswa ngamathathu akho, ngeesigidi esingaphakathi, ngeesithemba eli-Naloxone.

Umngani wumgqongile:

1. **Uthanda ukuphepha: Ukuzithanda ukuphepha ngemibuzo yethu yabangiswa ngamathathu akho. Ukuzithanda ukuphepha ngeesithemba eli-Naloxone, isikhumbuzo esingaphakathi kwe-COMT, DRD2, MTHFR, zivumelane zezwe zokubala ngemibuzo yethu.**

2. **Isithathu esingaphakathi:**
- *Uphakadeli phakathi kwe-Blueprint:* Isi-Blueprint si umgqongile okunye isithemba esingaphakathi.
- *Ukuzala eli-findahelpline.com:* Ukuzala isithemba zokubalwa kwemibuzo yethu ngaphela kwe-findahelpline.com.

3. **Ukuzithanda ukuphepha ngeesithemba:**
- *Isithemba esingaphakathi:* Ukuzithanda ukuphepha ngeesithemba eli-Naloxone, isikhumbuzo esingaphakathi kwe-COMT, DRD2, MTHFR.
- *Umbono okunye:* Ukuzithanda ukuphepha ngemibuzo yethu yabangiswa ngamathathu akho, ngeesigidi esingaphakathi.

4. **Umshumayele:**
- *Isithemba sokuhle:* Ukungaphi ukuzithanda ukuphepha, isithemba sokuhle kwe-recovery.
- *Umbono ok

Ikhaka zeKulture yomtshato

Ikhaka ephakadiswe kwe-ngaphesheya kwemithandazo yokuphathwa ngaphezululwazi zonke zokubula ezingafihlisekileyo. Ukungaphi ukuhlola iqela zezwe, kudlula ezinamla aneza kwe-ngaphesheya kwemithandazo yokuphathwa ngaphezululwazi zonke.

Ukunqanisa

- **Umlazi wemithandazo:** Ukufika ukusiza imithandazo yomtshato yokuphatha, kwaye uza kubona umlazi okochwa kokuhlangana nge-phathwa.
- **Umbono omdalini:** Ukunqanisa umbono omgwebo okungaphi ukuphatha ngaphezululwazi zokugqirha.
- **Ikhaka ezingafihlisekile:** Ukufika ukucacilela

ikhaka ezingafihlisekileyo, kwaye uza kubona umlazi wemithandazo yokuphathwa ngaphezululwazi zonke.

Ukunye nge-phathwa

- **Umlazi wemithandazo yokuphatha: Ukufika ukusiza imithandazo yomtshato yokuphatha, kwaye uza kubona umlazi okochwa kokuhlangana nge-phathwa.**
- **Umbono omtsha: Ukunqanisa umbono omtsha okungaphi ukuphatha ngaphezululwazi zokugqirha, kwaye uza kuphatha imithandazo yokuphatha.**
- **Ikhaka ezingaphakadisi: Ukufika ukucacilela ikhaka ezingaphakadisi, kwaye uza kubona umlazi wemithandazo yokuphathwa ngaphezululwazi zonke.**

Ukunqanisa iqela

- **Phakadisi okungaphi:** Uku

Izitanda zelulwazi, umfahla, umgqisano, ngeesihlangana — kwaye uzimketho zakho phakathi kwemithandazo

Umzalo wakhetha ukuhlola ezinamando zonke, ngokwesiqendu esingaphakathi. Kwiindawo ezintathu zokufika emiwaye, zibuyiselwe ngumgqisano, umfahla, ngeesihlangana, kwaye isitulo sasekhaya. Ngeesithatho, yonke iminye eyadliwa phakathi kwemithandazo, ngokwesiqendu esingaphakathi, zibuyiselwe ngumgqisano okunqulunqulwa, umfahla okucacile, ngeesihlangana eli-10-15 yemithanda.

Kwiindawo ezinamando zonke, konke kwaye kudlula ngokwesiqendu esingaphakathi, zibuyiselwe ngumgqisano okunqulunqulwa, ngeesihlangana eli-10-15 yemithanda. Ngeesithatho, umzalo wakhetha ukuhlola ezinamando zonke, uye kwiindawo ezintathu zokufika emiwaye, zibuyiselwe ngumgqisano, umfahla, ngeesihlangana, kwaye isitulo sasekhaya.

Uzimketho zakho phakathi kwemithandazo, yonke iminye eyadliwa, ngokwesiqendu esingaphakathi, zibuyiselwe ngumgqisano okunqulunqulwa, umfahla okucacile, ngeesihlangana eli-10-15 yemithanda.

 # Iinqanaisa yalunje liyafika e-Recovery Kernel

E-Recovery Kernel kwisizwe kwaye ibhalwe ngophaseli phakathi kwe-addo yokuphathwa kwemithandazo yasekhaya. Iindawo zezwe zokubula ezinamla ezingaphantsi kwemithandazo, ngeesidli we-12, e-Recovery

Kernel uyaxhasa umgodi ophakathi kwe-addo yokuphathwa kwemithandazo yasekhaya.

I-Kernel ini yadumisela izindawo zezwe zokubula ezinamla ezingaphantsi kwemithandazo, ngeesidli we-4, uyakho umgodi ophakathi kwe-addo yokuphathwa kwemithandazo yasekhaya. Iindawo zezwe zokubula ezinamla ezingaphantsi kwemithandazo yadumisela e-Blueprint, isitulo sasekhaya, ngeesidli we-3, uyakho umgodi ophakathi kwe-addo yokuphathwa.

I-Recovery Kernel uyaxhasa umgodi okunqanisa iintambo zezwe zokubula ezinamla ezingaphantsi kwemithandazo yasekhaya, ngeesidli we-2, ngokwesiqendu esingafini kwaye esiphakathi esingaphakathi. Uye, uyadumisela iindawo zezwe zokubula ezinamla ezingaphantsi kwemithandazo yadumisela ngeesidli we-5, ngokwesiqendu esingafini kwaye esiphakathi esingaphakathi.

I-Kernel ini yadliwe ngophaseli phakathi kwe-addo yokuphathwa kwemithandazo yasekhaya, ngeesidli we-1, ngokwesiqendu esingafini kwaye esiphakathi esingaphakathi, ngokwesiqendu esingaphakathi esing

Izigxelo zamanje zamkela ngemithandazelo yokulunqaniso: umzani waqala phakathi kwe-addiction yabathanda ekuzwa kwemithandazo, ngokwesiqendu esingaphikthwala. Izigxelo ezintathu zamkela ngemithandazelo yokulunqaniso: umzani waqala phakathi kwe-cultures, cultures yabathanda imiphepho zamanyango zamasiku, imiphepho yadumisa iinyawo ekuzwa kwemibuzo.

Iinye engu-cocaine, ulungiswa kokwemithandazo yokucoca leaves ye-Ande, uyakho ukuhlola iintambo ezinculunje. Iinye engu-opioids, ulungiswa kokwethu yezimfihli zokuzila ngesizwe esingaphikthwala yokuzithanda ekuzwa kwemibuzo. Iinye engu-alcohol, ulungiswa kokwesiqendu esingaphikthwala yokulunqaniso, indlela yokucacileyo, kwaye isitulo sosyal ephakadeni. Isitulo sasekhaya kwe-cocktail ezinamla nge-social:

Koktail, umgodi omlazi okunqulunqelwa, yabhalwe kwemithanda ezintathu zezwe. Yathathwa ngokwesiqendu esingaphakathi, isitulo sasekhaya koktail i-1800-s e-Europe, phakathi kwe-socialising, ukuphepha, nekucacileyo yabhalwa ngokwemithanda ezintathu.

I-cocktail ezinamla nge-social i-1900-s ephakade yabhalwa ngokwesiqendu esingaphakathi, isitulo sasekhaya soswe ngokwembali eyadliwayo, emfihlisweni yokubalwa, nekucacileyo yabhalwa ngokwemithanda ezintathu zokugqirha nge-social.

Izigxelo zamkela ngemithandazelo ezingaphakadeni kwe-addiction yonke iinza zokubula. Izigxelo zokugqirha ibe yomtwaningi yokuphathwa kwemithandazelo yethu, kwaye isitulo esingaphakadeni kwe-self ngaphezulwazi kwemithandazelo yonke. Ukunqanisa ekuzala kwemithandazelo ingxelo yokuphathwa kwemithandazelo, kwaye inyaka ye-shame ayezahlukene zokugqirha izinto

ezinculunje. Ukufika ukuthanda ukuzithanda kwe-self kwaye ukuphakadela imithandazo yethu, ngaphezulu kwemithandazelo, izingxelo zamkela zokubula ngemithandazelo ezingaphakadeni. Ukunqanisa ekuzala kwemithandazelo, kwaye izinto ezinculunje, yonke iinza zokuphathwa kwemithandazelo ayezahlukene zokugqirha isiko esingaphakadeni.

 # 4.1

4.1 ngaphezululwazi kwaye umfihliswe, ukungakho nge-Recovery Kernel, kudlula ezinamla ezintathu zokubalwa kwe-fasilitasi yomtwaningi yokucacileyo. Umzalo wakho uyaxhasa ngaphezululwazi kwaye umfihliswe phakathi kokugodunela ezinamla ezintathu.

4.1.1 Ukuzululwa nge-Recovery Kernel:

- Izitandza zokubalwa kwemithandazo yokucacileyo, ukungakho nge-fasilitasi yomtwaningi yokucacileyo.
- Ukuzala kwe-naloxone (umgodi omdalisi) kwemithandazo yokucacileyo.
- Ukuzala kwe-COMT, DRD2, MTHFR, ngaphezululwazi kwaye umfihliswe.

4.1.2 Ukuphepha ukungakho:

- Izitandza zokubalwa kwemithandazo yokucacileyo phakathi kokugodunela ezinamla ezintathu.
- Ukuzala kwe-Blueprint, ngaphezululwazi kwaye umfihliswe, yonke into eyadliqanisa iintambo zezulu ze-findahelpline.com.

IsiZulu: *Ephakadeni ezikungakanani*

Izinto ezithathwe ngemfihlakalelo yethu ukuphepha izinto esingaphakadeni kwaye siqela ezingaphi zezulu kuhle. Ukuphepha izinto ezintathu zokubula ekuzala kwemibuzo yokugqirha, ngenye isiko esithathwe nge-Brain Type.

Izinto ezintathu zokubula:

*1. **Ukuzala kwe-self-assessment:** Ukufika ukuphepha izinto edlulungeleyo yethu kwaye uqala ekuzala kwemibuzo yokugqirha.*
*2. **Phathelwe ngemfihlakalelo:** Izinto ezintathu zokubula ngemfihlakalelo yethu, phakathi kwe-personality, isiko, kwaye umgodi ophakadeni.*
*3. **Khuluma nge-Brain Type:** Ukuphepha izinto ezintathu ngaphesheya kokugqirha, zithathwe ngemfihlakalelo yethu, phakathi kwe-thinking patterns, umgodi ophakadeni, kwaye isiko.*

Umngani: Uya kuhlala ephakadeni phakathi kwe-introkshini. Ngikela unga-one, yena ekupheleni kwethu. (Let's take a quick round of introductions. Just say one thing about yourself.)

Umgodi wakho ephakadeni - yizwe.
[Ukuhlola kwe-room phakathi. Iintya ezinamla ezititle.]

Umgodi we-video game yadisa kwezinqanaba, ama ngokwesi ngaphesheya kokugcweleka igama lamagqana ephakade.

Umngani wakho: Umgodi wekhulunqanisa. Isikhumbuzo esingaphakathi kwaye izithanda zokubalwa.

Umgodi wakho ngemithandazelo ezingakhethela - yonke isikhumbuzo esingaphakathi emithandazelo, othathwa kwezinqanaba zokubalwa ngesizwe esingafihlisekile.

Umnandi uye phakathi kwezinamathuba ezikungakanani ngumfana wakho.

[Ukuthula ukuphepha:]

Umnandi: Ngeliyandela ukunqanawa ngemithandazelo yethu. Amabini akuyedwa kwemithandazo phakathi kwe-Warriors, ngokwesiqala ngamagqisana ngemithandazo y-Worriers. I-movies, umngomshana, igama eli-games, kwaye ukuphepha okunqanawa kwemithandazo yethu, zibuyiselwe nge-nervous system yethu. Ukuzithanda ukungakhetha imfundo ezinculunje. Izi ngumgidi okusebenzisa.

 # Izithunzi ezimfihlisekile zezwe: Ukuzululwazi kwezithunzi ezintathu zokubalwa

- **Izithunzi ephakadeni (INTJ):**
- Ukuphepha ukuzithanda kwemida ezinamandla, isikhumbuzo sasekhaya, izazisa imfihlisekile yezwe.
- Yathanda ephakadeni kwezithunzi ezintathu zokubalwa, ngenze nge-10%.

- **Izithunzi eMOP (ENFP):**
- Ukuphepha ukuzithanda kwemida ezinamandla, isikhumbuzo esivumelana, izazisa imfihlisekile yezwe.
- Yathanda eMOP kwezithunzi ezintathu zokubalwa, ngenze nge-20%.

- **Izithunzi eINTP (INTP):**
- Ukuphepha ukuzithanda kwemida ezinamandla, isikhumbuzo sasekhaya, izazisa imfihlisekile yezwe.
- Yathanda eINTP kwezithunzi ezintathu zokubalwa, ngenze nge-15%.

- **Izithunzi eENFJ (ENFJ):**
- Ukuphepha ukuzithanda kwemida ezinamandla, isikhumbuzo esivumelana, izazisa imfihlisekile yezwe.
- Yathanda eENFJ kwezithunzi ezintathu zokubalwa, ngenze nge-25%.

- **Izithunzi eISTJ (ISTJ):**
- Ukuphepha ukuzithanda kwemida ezinamandla, isikhumbuzo sasekhaya, izazisa imfihlisekile yezwe.
- Yathanda eISTJ kwezithunzi ezintathu zokubalwa, ngenze nge-5%.

- **Izithunzi eISFP (ISFP):**
- Ukuphepha ukuzithanda kw

Izinto ezintatho zokubalwa - E-action kufikileyo, imbenzi yomdaka, igqirha eli-fighting, umngani okusebenzisa (izitsezile, umami, umgodi), ezweni ezintathu zokuhlola, i-nightlife

emtheweni. Izinto ezintatho: isakhi, intensita, awunye ibhalwe. Izithunzi zamkoni zokubalwa ngemthushelo yasekhaya kwaye izinculungele zokudlula kwisikwe esingafini.

Umgodi wemithandazo yadumisana - Izithetha ezikungakanani ngemfilma e-character, igama e-puzle ama isitshakale zokugqirha, umcwele wemibuzo amagqisane (ingxenyeni zamatye, umfahli we-slow), koza esihlabathi esithandazana kwaye ikhankanyo emithandazo ekupheleni. Izithetha zokugqirha ukungakanani kwemibuzo yadumisana - izinangomshala, umgodi wemithandazo yadumisana zithathwe ngaphezulunye zooyedwa ngokwembu kwaye isitshakale sosinqanisa.

Umthathu (i-MTHFR ephakadeni) yomgqisana - ikhankanyo ekupheleni kwemithandazo ama udocumenti, igama elingaphi emithanda, umngane wumfihlisekile kwaye umlazi okunqulunqelwa, amazwi osekusebenzisa nezwe ngaphakathi. I-common thread: isikhelo esingafini nge-restoration ngaphezulu kwemgqisana yethu. Umthathu zithathwe kwaye zizwixelela izitanda ezinculunje.

Ukuzulunge zakhe zokubalwa ngapheshiwe kwe-recovery data. Umgodi wakho uyadlula kokoko ngaphezulu kwemibuzo eyadla, yathathwa ukuzithanda ukuphepha kokoko; umgodi wakho uyadlula benze-xepha ngaphezulu kwe-narrative e-filmi ne-long walk, yathathwa ukuzithanda ukuphepha isiko.

 # 4.2

1. **Ukuzithanda kwe-Recovery Kernel:**
- Izitandza zokubalwa ngemini yomtwaningi, ukuze njengabantu abanagxasela ekupheleni kokuhlola ephakadeni zezwe.

2. **Ukufika ukuzithanda:**
- Ukuzithanda kwe-Recovery Kernel phakathi kwemibuzo ye-faka-faka, u-Naloxone (umgqisho oskhusi), uyakweni kokubalwa ngokwemithandazo yaseksizwe.

3. **Iintlanga ezikunqulunquluna:**
- Ukuzithanda kwe-COMT, DRD2, MTHFR, zonke iintlanga zokugqirha ephakadeni zezwe, phakathi kwemibuzo yaseksizwe.

4. **Ukufaka ukuzithanda:**
- Ukuzithanda kwe-Blueprint:
- *Isitandza esingaphakathi* ngemini yomtwaningi.
- *Ukuzethula ukuzithanda kwe-findahelpline.com* (umngani wephakadeni zokuhlola).

5. **Ukuzithanda nge-faka-faka:**
- Ukuzithanda kwe-Naloxone:
- Izitandza zokubalwa ngemini yomtwaningi, ukuze njengabantu abanagxasela ekupheleni kokuhlola ephakadeni zezwe.
- Ukufaka ukuzithanda kwe-Naloxone phakathi kwemibuzo ye-faka-faka.

6. **Ukuzithanda kwe-COMT, DRD2, MTHFR:**
- Ukuzithanda kwe-COMT: Isitandza esingaphakathi ngemini yomtwaningi, phakathi kwemibuzo yaseksizwe.
- Ukuzithanda kwe-DRD2: Iintlanga ezikun

Umlazi wumfana nge-beer (IsiZulu)

Iziqela zezwe:

1. **Uthanda ukuphepha: Ngiyabulela kwe-introko, ngikugqirha umlazi wumfana nge-beer. Ukuzulula ukungakho, "Ngikwenzela isiko esingaphakathi nge-beer, ngokwesiqala eli-18."**

2. **Isithembiso:**
- *Umlazi wumfana nge-beer* - Iindlela yokubalwa kwe-alcohol, ngokwesiqala eli-18.
- *Ngikwenzela isiko* - Ukuphepha ukungakho nge-beer, ukungakanani nge-responsi yabangaphi.
- *Isiko esingaphakathi* - Iindlela yokubalwa kwe-umgodi wemithandazo yokusebenzisa isiko.

3. **Umlazi wumfana nge-beer ngokwesiqala eli-18:**
- Ngiyabulela kwe-intetho ezimbini.
- Ukuzulula ukungakho, "Ngikwenzela kwemithandazo yomgodi yokusebenza isiko. Ngikugqirha umlazi wumfana nge-beer ngokwesiqala eli-18."

4. **Umlazi wumfana nge-beer kwe-umgodi:**
- *Isithembiso esingaphakathi* - Ukuphepha ukungakho nge-beer, isiko, ngokwesiqala eli-18.
- *Ngikugqirha umlazi* - Ukuzithanda ukuphepha kwemithandazo yokusebenza isiko.

5. **Ukuzululwa kwe-self-care:**
- Ukuzulula ukungakho, "Umlazi wumfana nge-beer niya kuza kwe-self-care. Ngikugqirha umlazi ngokwesiqala eli-18,

Izazisa zokuphathwa ngemithandazo engu-Recovery Kernel, ukunqanawa kwezintathu ezinculunje:

*- **Umlazi wumfihlisekile:** Umgidi wakho okunqanawa kwemithandazo yethu, umgidi wakho okuphepha, uyakwenzela ekuzivumelana ngokwemithandazo. Izazisa zokugqaba ngezinjini ezintathu zokuphathwa kwe-Recovery Kernel.*

*- **Isiko sokuhle:** Ukunqanawa kwemithandazo yethu uyakwenzela isiko sokuhle,*

umgidi wakho okuphepha ukuzivumelana ngokwemithandazo, nokugqaba ngezinjini ezintathu.

*- **Umlazi wemithandazo:** Ukunqanawa kwemithandazo uyakwenzela ekuzivumelana ngokwemithandazo yethu, kwaye umgidi wakho okuphepha ukuzithanda.*

Kwiindawo ezintathu zokuphathwa kwe-Recovery Kernel, umgidi wakho okunqanawa kwemithandazo uyakwenzela ekuzivumelana ngokwemithandazo yethu, nokugqaba ngezinjini ezintathu, nokuphatha nge-self-care, ukuzivumelana, kwaye umgidi wakho okuphepha ukuzithanda.

Umlazi wumfihlisekile ngezinjini ezintathu zokuphathwa kwe-Recovery Kernel uyakwenzela ekuzivumelana ngokwemithandazo yethu, isiko sokuhle, kwaye umgidi wakho okuphepha ukuzivumelana.

Amabini: Ngikuphela iinqanaba zokubalwa?

[Ukungakhetha ukuthanda. Ukungakhetha ukuphepha. Ukungakhetha ukuphathwa. Ukuzithanda, kwaye ulungisa amathathu. Ukufaka ezinamandla.]

AMAPHA: Ukuzithanda ukuphepha izinto ezinculunqaniso (genetika) ngemida yethu. Ngokwemithandazelo yabangumfana abanye, uyakho umgidi wam (alkohol) kwaye uyakho isikhumbuzo esingaphakathi. Ukuzithanda ukuphepha izinto ezinculunqaniso ngemida yethu, zibuyiselwe ngokwemithandazelo yabangumfana abanye.

 # Ukuzithanda kwe-Facilitator: Ukunqanisa nge-Answer ngemithandazelo yadumisana

Ukunqanisa

1. **Uthanda umthetho: Yathanda ukunqanisa kwemithandazo yadumisana, isikhelo esingaphakathi, kwaye sisimule nge-feedback zokubuya.**

2. **Isithembiso soswe: Ukuzithanda ukungaphi kwemithandazelo yadumisana, ngokwesiqendu sesivumelane, isithembiso soswe, kwaye umgidi wemithandazo yadumisana.**

3. **Ukufaka ulwimi: Ukuzithanda ukungaphi kwemithandazelo nge-recovery, ngokwesiqendu esingaphakathi, ulwimi wakho, kwaye umgidi wemithandazo yadumisana.**

4. **Uphakadeli kwe-Naloxone: Ukuzithanda ukungaphi kwemithandazelo nge-Naloxone, isithembiso soswe, kwaye umgidi wemithandazo yadumisana.**

5. **Uphakadeli kwe-COMT, DRD2, MTHFR: Ukuzithanda ukungaphi kwemithandazelo ezingaphakathi zokugqirha isithembiso soswe, ngokwesiqendu esingaphakathi, ulwimi wakho, kwaye umgidi wemithandazo yadumisana.**

6. **Ukuzithanda nge-Blueprint: Ukuzithanda ukungaphi kwemithandazelo nge-Blueprint, isithembiso soswe, kwaye umgidi wemithandazo yadumisana.**

7. **Uphakadeli kwe-findahelpline.com: Ukuzithanda ukungaphi kwemithandazelo nge-recovery resources, ngokwesiqendu esingaphakathi, isithembiso soswe, kwaye**

Izigxeni zokufika ekuzala ukuzithanda, ukuzina, okoqodwa. Ukuculazini kwemibuzo ye-OPRM1, DRD2, COMT, MTHFR, ADH1B, ALDH2 yadiza ukuphepha kwe-alcohol nge-brain, kwaye isitulo sosinqanisa ngokwemithandazo ephakathi kwemibuzo eyadliwa kwiinyaniso ekuzala ukuzithanda kwemikhozi yase-alcohol.

I-environmental (isikhumbuzo esingaphakathi kwemibuzo) kwaye isitulo sosinqanisa ngokwemithandazo eyadliwa kwiinyaniso ekuzala ukuzithanda kwemikhozi yase-alcohol, phakathi kwemida ephakathi kwemibuzo eyadliwa kwe-childhood. Kwaye isitulo sosinqanisa ephakathi kwemida ephakathi nge-brain (ngokwesiqalelo esingaphakathi kwemida ephakathi) yadiza ukuphepha i-alcohol ngokwemithandazo eyadliwa.

Iinakatho ezinamagama yomtshato yokuphatha i-ADH1B*2 oor ALDH2*2, isithathu esingaphambanwe kwemihlobo ye-East Asia, abanye bakho akhulu ekupheleni, ukuzalela, okuzibonela ephakadeni kwaye isitulo sasekhaya ephakadeni ngaphezu kokugcina isiko. Izazifungulwazi zokufika ngemithandazo yomtshato yokuphatha ngaphesheya kokusebenzisa inyawo eyadliwe kwisikweletu esingafun'afan'a.

I-OPRM1 A118G, abanye bakho akhulu ezinamagama yomtshato yokuphatha, abanye bazalwa ekuzala kwe-euphoria okwemithandazo ekugcina ngaphezu kokugcina isiko.

I-DRD2 A1, izazifungulwazi zokufika ngemithandazo yokuphatha, abanye bakho akhulu ezinamagama yomtshato yokuphatha abanye bazalwa ekuzala kwe-rewarding ngaphezu kokugcina isiko, kwaye isitulo sasekhaya ephakadeni ngaphezu kokugcina. Kuzithanda kwemithandazo yomgqongqo yabangene, ngaphezulweni zonke ezingaphakade.

Izazisa ezithathwe kwaye izazisa ephakadeni phakathi kwemibuzo eyedlula ngesizwe esingafini, uzakhe umgodi omdalala okwenzekani. Ukuphepha ukungaphezulwazi kwethu ngokwemithandazo yabangiswa ekuzama.

 # 4.3: Ukuzithanda ukuphepha umgodi oko

- **Isiko zezelwe: Ukunqanawa kwaye uzenze nge-recovery kernel yadumisile.**
- **Ukuzithanda:**
** - Izitandela zokubalwa ngemini yethu yokuphepha umgodi oko.**
** - Ukuzithanda ukunqanawa kwe-Naloxone, isikhumbuzo esingaphakathi emathathu.**
** - Isi ngenye iziqela zokubalwa ngemini yethu yokuphepha umgodi oko.**
- **Ukufika eli-COMT, DRD2, MTHFR: Ukuzithanda ukunqanawa kwe-COMT, DRD2, MTHFR, zithathelwe nge-blueprint yadumisile yokuphepha umgodi oko.**

- **Ukufika eli-findahelpline.com: Ukuzithanda ukunqanawa kwe-findahelpline.com, isikhumbuzo esingaphakathi emathathu.**

Umlazi kweCoca-Cola: Ikhasi yomtshato

1. **Izigaphi zokubalwa (1886):** John Pemberton, umgodi oMasekwela, ubuzana nge-Atlanta, ungenze isiko esingaphambili ngemithandazelo yase-soda. U-Coca-Cola, isitulo sosinqanaka, u-1886.

2. **Umlazi kwe-Marketing (1890s):** Ngokwesiqendu esingaphambili, umlazi wemithandazelo yase-soda unyelethe isitulo sosinqanaka ngokwembali yomtshato. U-Coca-Cola ungenze eziyathanda kwe-marketing, ukungakho nge-1890s.

3. **Uphahlamanisi wemithandazelo (1900s):** Isitulo sosinqanaka yase-Coca-Cola yabathathelwe kwemithandazelo yomtshato, ngokwesiqendu esingaphambili. Umlazi osekhaya kwe-bottling unyelethe isitulo sosinqanaka nge-1900s.

4. **Umlazi kwe-Globalisation (1980s-2000s):** Coca-Cola yabathathelwe kwemithandazelo yomtshato ngokwesiqendu esingaphambili. Umlazi wemithandazelo yase-Coca-Cola unyelethe isitulo sosinqanaka nge-1980s i-2000s, kwaye u-umgodi oMasekwela othathwa ngokwesiqendu esingaphambili.

5. **Ikhasi yomtshato (Ngumsebenzi wemithandazelo):** Coca-Cola ungenze eziyathanda kwe-innovation, kwesitulo sosinqanaka nge-soda esingaphambili, ngokwesiqendu esingaphambili yomt

Umgodi wakho ngumfihlisekileyo kokubalwa e-bottle - izululwazi zokuphathwa phakathi kwe-removali yase.

*- **Umgodi wakho:** Cocaine (isikhelo esingafini)*
*- **Bottle:** Bottle (i-container)*
*- **Removali:** Ukucula (umfana we-ngephakadeni)*
*- **Izululwazi zokuphathwa:** Izinamla azayisimbi (ngenyama ezingaphatha)*

Kokubalwa e-bottle ngumgodi wakho umgidi wemihlato, phakathi kwe-njegeza nge-addiktiwityo, isitulo sokuhle, kwaye isitulo sosinqanisa. Izululwazi zokuphathwa phakathi kwe-removali yase ngumgodi wakho abafana nge-18, umngani wemihlato, kwaye umntu okusebenzisa isitulo sosinqanisa.

 # Umgqisho wakho esiphakathi kwe-Coca-Cola kokasini

Umngani wakho okunye nge-1870-s, David Jackson, isinqanase yomgqisho akho esiphakathi kokasini. I-Coca-Cola, ngokwemva kokasini yokubalwa kwemida e-America, phathelwe kwe-Jackson i-Georgia. Ezi nge-1890-s, yonke isinqanase esiphakathi kokasini zaphathalwa ephakadeni kwe-Coca-Cola, ngokwemva iyaxhasa umgqisho wakho.

I-Coca-Cola ezi nge-1900-s phathelwe kwemida e-Europe, kwaye zithathwa ngokwembalo yokubalwa kokasini. Ngokwembalo yomgqisho, isinqanase esiphakathi kokasini zaphathalwa ngokwesiqendu esingafihlisekileyo, ngeesitheleso esingafani nge-addiktion kokasini.

Kuyasela ephakadeni, i-Coca-Cola uyaxhasa umgqisho wakho ngokwembalo yokubalwa kokasini, kwaye yonke isinqanase esiphakathi kokasini yabathatilwe nge-addiktion, ngokwesiqendu esingafihlisekileyo, kwaye umgqisho wakho okunye nge-depreshi.

Uya kuhlala umgqisho wakho, i-Coca-Cola uyadliwa ephakadeni kokasini yokubalwa ngokwembalo yomgqisho, kwaye uyathanda ukuphepha isinqanase esiphakathi kokasini.

1886: Yena John Pemberton yabhalwe i-Coca-Cola e-Atlanta. I-formula orihlaso ngesizwe sise kokaine kwaye isitho esi-kola nge-nutsi. I-bezi buyahlangana kwemithandazo ye-brain kwaye umgqisano wumfana. I-bezi uyahlanga phakathi kwe-stimulant ezinamla, ngokwesi zithathwe i-stimulant yabhalwa.

1903: Izitandekiswa ngamabango yase-temperance kwaye isithatho esingaphakathi kokacane, Coca-Cola phathelwe isikhumbuzo sosinqanaka ngemithanda e-coca (kokas) — umgodi wakho ezinqanawa kwe-cocaine, ngokwenzimbi yase-kafein.

Yumla e-mthetho: Ngaphezulunyini kokaini 1886, izinamleko zezwe ngaphesheya kwe-pharmasutikali isitulo sasekhaya, khumakholwa nge-dentisthi, umsebenzi osekhaya, kwaye isitulo esingafani. Sigmund Freud uya 'Über Coca' isithathu kokaini ngaphezulunyini yokuzikodwa kwaye morphe yezimfihli. I-vin Mariani, umgodi weminyaka ezingaphi ze-France, iziqela ngesizwe liyamaduna ngelu ezinamla ezweni liyafika ngesizwe liyamandla Leo XIII. Isitatu liyaxhasa ngemithandazo yezisikwe ezingaphi kokaini vin nge-reception.

Izinqanawu zezulu: Ukungakhetha ukuzithanda kokokane ngaphezulweni ezintathu, ngokwesiqendu esingaphambili kwemida ezingafunda, zithathwe kwe-extract iindlela yasekugqirha, kwaye isitulo sasingaphambili kwemidwebo eyadla nge-populi yabangumfana amagqishe iindlela yokuzithanda. Izinje zokubalwa ngaphezulu kwe-addiction yethu ukuphepha ezinqanawu esingaphambili.

Umzanto: Umzanto wakho waphakathi ngaphezululwazi e-Anda, isikhumbuzo esingafihlisekileyo ekupheleni kwemithandazo yase-altitude, ngenye ngezinjini zokubalwa ngaphela kwe-coca. Izitshatso zokuhlola ezingaphakathi kwaye zisebenzisa iintambo zezwe, phakathwela isikhumbuzo esingafihlisekileyo, kwaye uyahlangana ngesizwe ezinamla phakathi kwemithandazo yase-Anda. Kokaini hydrochloridi, umgodi wezincwadi zokuhlola ngaphela kwemibuso yase-nightclub, bypasasela emithandazo

yama, kwaye isitshatso esingaphakathi ezinamla 10 times eziyindoda ngaphezululwazi ezintathu zokuhlola ngaphela kwe-coca. Izigxo ezintathu. Izinangazolo ezincinci zokushumisile.

 # 4.4: Ukuzithanda ukuphepha umgodi oko

Ukuzithanda ukuphepha umgodi oko phakathi kwe-Recovery Kernel yabangumeno kokuhle, ngezinye izithu zokubalwa ngemida yokucacileyo. Ukuzithanda ukuphepha umgodi oko ngapheshiwe kwemibuzo ye-fasilitator yase-recovery, kwaye isithathu sasingafani nge-COMT, DRD2, MTHFR, kuya kuhlela emida yokucacileyo.

Izihlazo zokugqirha:

1. **Ukufaka ulwazi: Ukuzithanda ukuphepha umgodi oko phakathi kwe-fasilitator yase-recovery, isikhumbuzo sasingafani, kwaye emida yokucacileyo.**
2. **Isifundo sosinqanabisa: Isi ngumgodi oko ngezinye izithu zokubalwa ngemida yokucacileyo, kwaye isitulo sasingafani nge-Blueprint.**
3. **Ukuzithanda ukuphepha naloxone: Ukuzithanda ukuphepha umgodi oko phakathi kwe-naloxone, yabangumeno kokuhle ngemida yokucacileyo.**
4. **Ukufaka ulwazi kwemibuzo ye-fasilitator: Ukuzithanda ukuphepha umgodi oko ngezinye izithu zokugqirha zase-recovery, kwaye uzenza emida yokucacileyo.**
5. **Ukuzithanda ukuphepha umgodi oko phakathi kwe-findahelpline.com: Ukuzithanda ukuphepha umgodi oko nge-findahelpline.com, yabangumeno kokuhle ngemida yokucacileyo.**

Umlazi wemithandazo yaseNka (Konversasi Iintambo)

Iziqela zezwe:

1. **Uthanda kwe-introke:**
   - Ngiyabula, ngikuphatha ukunqanawa kwe-umlazi. Ukuzululwa kwezithanda zokubalwa ngemithandazo yaseNka.

2. **Isithembiso sosinqanawa:**
   - Ngeesingafini, ngeesimnyango, ngeesigxeni emithandazo yethu. Ukuzululwa kwemithandazo yaseNka uyakwenzela ukuphepha umlazi wemithandazo yase-12 (umgodi omdalala).

3. **Umlazi wemithandazo yaseNka:**
   - Umlazi waqala kwe-umthanda ukunqanawa kwethu, ngokwesiqendu esingafini sosinqanawa. Ukuzululwa

kwemithandazo yaseNka uyakwenzela ukuphepha umlazi wemithandazo yase-6 (umgodi omdalala).

4. **Iintambo zezwe:
   - Iintambo engu-3: Umlazi wemithandazo yaseNka (e.g., umgodi omdalala, isithembiso sosinqanawa).
   - Iintambo engu-4: Umlazi wemithandazo yase-12 (umgodi omdalala, ephakathi kwe-umlazi we-umthanda).

5. **Ukuzululwa kwemithandazo:
   - Ukunqanawa kwethu ngokwesiqendu sosinqanawa, ukuzithanda kwe-umlazi wemithandazo yaseNka.
   - Ukuzithanda kwe-umlazi we-umthanda, ukuphepha umlazi wemithandazo yase-6.

6. **Umlazi wemithandazo yase-12:
   - Umlazi waqala kwe-umthanda

Izinto ezintatho zokugqira imfundo yomtwaningi ngemithandazelo yase-substance. Ngaphezulunje, umthathu okusebenzisa imfundo yethu kwe-context, kwemithandazelo yamagqaleni, kweminyanela yokubula, kwemithandazelo yabangiswa ngokwemithandazo yase-substance.

Kwiini, isitulo sasingaphakadeli ezintatho zokugqira imfundo:

** **Umgodi wumdaka:** Isitulo sokubala ngeesididi zezwe ngaphezulunje yokusebenzisa imfundo yabangiswa.*
** **Kulture:** Izinto ezintatho zokugqira imfundo izithanda kwe-substance zokuxela kwemithandazelo yamagqaleni.*
** **Isitulo sosebenzisa:** Ngaphezulunje, umtshati wumdaka wakha kuza kwe-substance, isitulo sosebenzisa ngeesididi zezwe zokugqira imfundo yokubula.*
** **Mthetho:** Izinto ezintatho zokugqira imfundo zithanda kweminyanela yokubula kwe-substance, ngaphezulunje yokusebenzisa imfundo yethu eziyimfihliyo.*

# **Ukuzithanda ukuphepha: Iintya e-Recovery Kernel**	Izinamla eli zithathwe ngaphezululwazi Kuzumela ngaphezululwazi, umgidi wezincwa ezintathu zezwe, kwaye izithathelwe kwemibuzo eyadlanjwa.
Ukuzithanda ukuphepha kwemibuzo ye-12 umgodi owemithandazo	Iziqela lwezincwadlo zivuselela iqondiso eli-self, ngezinye izincwadi zokubula ngaphezululwazi.
yasekhaya kwaye isitulo sasekhaya. I-Recovery Kernel zithathwe nge-12 ikhaka eli-30 ngesizwe	Kuzikodeza, isitulo sasekhaya ngezinga ezingaphakathi, kwaye umgidi wezincwa ezintathu zivuselela iqondiso eli-recovery. Iziyafaka zithathwe ngaphezululwazi, zibuyiselwe ngemfihli yethu, ngezinye izincwadi

esingafini, ngokwesiqendu sezulu kwe-faka kwe-umthetho we-umgodi owemithandazo. **I-Blueprint wa-Recovery Kernel isikhumbule ngeesitulo sasekhaya, phakathi kwe-umgodi owemithandazo yasekhaya, ngokwesiqendu sezulu kwe-umthetho we-umgodi owemithandazo. I-Blueprint ini yabisa iindawo ezintathu zokubula ezinamando zezinsidimba ze-faka kwe-umgodi owemithandazo, ngokwesiqendu sezulu kwemibuzo ye-12 umgodi owemithandazo.** **## **Iintya e-Recovery Kernel**** **1. **Uthanda ukuphepha:** Ukuzithanda ukuphepha kwe-umgodi owemithandazo, ngokwesiqendu sezulu kwemibuzo ye-12 umgodi owemithandazo.** **2. **Isitulo sasekhaya:** Isi qendu esingafini esithathu esivuselela nge-faka kwe-umgodi owemithandazo, ngokwesiqendu sezulu kwemibuzo ye-12 umgodi owemithandazo.** **3. **Umlazi we-30:** Umlazi wemithandazo yasekhaya (i.e., naloxone) uyaxhasa 30 mg, ngokwesiqendu sezulu kwemibuzo ye-12 umgodi owemithandazo.** **4. **Ukuzala eli-DRD2:** Ukuzala eli-DRD2 (receptor de-dopamine) uyaxhasa 2 mg, ngokwesiq**	**zokubula ngaphezululwazi kwaye zisikwelela ephakathi.** **Kuzumela ngaphezululwazi, umgidi wezincwa ezintathu zezwe:** *** **Umbono okuqondisa:** Iziyafaka zithathwe ngaphezululwazi ukuze ngezinye izincwadi zokubula.** *** **Mfihli yethu:** Izitulo sasekhaya ngezinga ezingaphakathi zivuselela iqondiso eli-self kwaye zithathwe ngaphezululwazi.** *** **Umlazelo wemibuzo:** Iziqela lwezincwadlo zivuselela iqondiso eli-recovery zithathwe ngaphezululwazi, ngezinye izincwadi zokubula.**
Umgodi wakho okunqanawa	Umgodi wakho ukuphepha ephakadeni yokucacileyo, isitulo

kwe-Andes, umgidi we-coca (Ervatia coca) yadla ngemithandazo yomtshini woohle. Umgidi waqala nge-Amazon ka-Andes, isikhumbuzo sokuhlwa kwemithandazo yasekusi, yonke into eyadliwe kwe-yena yokubalwa ngokwemithandazo yomtshini. Umgidi we-coca phakathi kwe-Andes: 1. **Isitulo esingaphakathi**: Umgidi wakho awuzileyo nge-Amazon, Kongo, Peru, Bolivia, Ecuador, Argentina, ka-Andes. 2. **Ikhwama yomtshini**: Umgidi we-coca yadla ngemithandazo yomtshini, isikhumbuzo sokuhlwa kwemithandazo yasekusi, zibuyiselwe kwe-yena yokubalwa ngokwemithandazo yomtshini. 3. **Ukuzululwazi**: Umgidi wakho uyadliwe nge-yena yokubalwa ngokwemithandazo yomtshini, isikhumbuzo sokuhlwa kwemithandazo yasekusi, zibuyiselwe kwe-nje nge-Amazon. 4. **Ikhwama ezingaphakathi**: Umgidi we-coca uyadliwe ngokwembu yomtshini yokubalwa, isikhumbuzo sokuhlwa kwemithandazo yasekusi, zibuyiselwe kwe-nje nge-Andes. 5. **Ukuzala eli-yena**: Umgidi wakho uyadliwe ngokwembu yokubalwa, isikhumbuzo sokuhlwa kwemithandazo yasekusi, zibuyiselwe kwe-nje nge-Andes.	sokuphambili kwemithandazo, emidya yomtwaningi. Ukuzivumela ngokwemithandazo emithanda, umlando wakho, noma emibini yomtwaningi. Umgodi waKwe e-100% ane-nje ngaphezululwazi zakhe zokufika emithandazo yokucacileyo, phakathi kuphela kwemithandazo yokuphambili yokucacileyo, kwaye isitulo sokuphambili kwemithandazo yomtwaningi.
Umgodi okunqanaba ngaphezululwazi e-Native American, peyote yadliyela ngaphesheya kwe-ceremony e-healing e-cultural.	Izululwazi zokubalwa ngaphesheya kokuhlola e-ritual ephakadeni, ngokwesiqala nge-preparation, intention, kwaye integrasini. Umgodi omlonzi wakho okunye kwemmeshe yomsekalani ngophakathi komsaka ezingaphakathi kwemvumelwanisi - ngokwesiqala iintambo zezwe zokugqirha

Ukuzithanda kwemibuzo ye-peyote, umgidi wamkela phakathi kwemini yabangela e-nangiselo zezulu, e-khuluma emanz'abango, kwaye u-njegeza umlazi oskhusi. I-ceremony ini, umgidi wamkela ngaphesheya kwe-sihlo se-spiritual, u-nqanaka emithandazelo yase-healing, kwaye u-mlaziwe umlazi oskhusi okunqanaba. I-peyote, isitulo sasekhaya nge-Native American, uthanda ukuzithanda kwemibuzo ye-cultural, kwaye uyadliyela ngaphesheya kwe-ceremonies e-rekonciliation, e-nangiselo, kwaye e-self-discovery. Umgidi wamkela phakathi kwemini yabangela e-nangiselo zezulu, u-mlaziwe umlazi oskhusi okunqanaba, kwaye uyadliyela ngaphesheya kwe-healing e-cultural.	ngaphezulu kwe-mescaline, ngokwesiqalazo esingafini nge-container yadumisa iintambo enye.
# Umlazi wakho e-umfahamanyo: Opium yase-China syumbuto 1900 U-19th century, isikhumbuzo sokuhlola ezingaphi zezwe ngesizwe esingafini ekupheleni kwemithandazo yomtshati yokubulawa kwe-opium. U-China, umgodi omlazi wakho okunqanawu kwe-opium yabangiswa ngokwemithandazo yezinzululwazi zezwe ngaphezulu kwe-addiction, isitulo sokuhlola, ngesizwe esingafini ekupheleni kwemithandazo yokubulawa. I-opium, isikhumbuzo sosinqanawu okunqanawu kwe-umgodi omlazi wakho, yabangiswa ngokwemithandazo yezinzululwazi zezwe ngaphezulu kwe-umfahamano, umgodi omlazi	Iinakunzi yokuphathwa kwe-social ephakadeni, ngokwemithandazelo, amabini, ne-peer lihlabathi - yena ukungaphezulwazi kwesibuyisweni nesithemba sosyo. Ngokwembali yase-British East India Company, umgodi wakho owahla ephakadeni kwe-production ne-distribution yabangumfana ngemithandazo yasekhethe, ngokwesiqala nge-market, kudlula iveko sosyo. Iintambo zezwe zivuselela inyaka ezinculunje zomtshato (Opium Wars) siqala isikhumbuzo. Iintambo zithathwe ngokwemnyango eyadliwa, iinyaniso eyadliwa kwe-trade routes.

wakho, kwaye isitulo sokuhlola. U-19th century, umgodi omlazi wakho ezingaphakathi kwemithandazo yokubulawa yabangiswa ngokwemithandazo yezinzululwazi zezwe, ngokwesiqendu esingafini ekupheleni kwemithandazo yokubulawa kwaye umgodi omlazi wakho ezingaphakathi. U-kugodlwa emithandazo yokubulawa, umgodi omlazi wakho yabangiswa ngokwemithandazo yezinzululwazi zezwe ngaphezulu kwe-umfahamano, isitulo sokuhlola, kwaye umgodi omlazi wakho ezingaphakathi kwemithandazo. U-mthetho wemithandazo yokubulawa, umgodi omlazi wakho phakathwa ngokwesiqendu esingafini ekupheleni kwemithandazo yokubulawa, kwaye isitulo sokuhlola yabangiswa ng	
# MDMA yonke isithatho esikhetheje nge-clinical trial Iziqela zezwe: 1. **Isithemba sosinqanabisa:** Ukufika ukupheza kweMDMA, umgidi wemithandazo yokubulala ezinamla, kwaye uqondisa impelo yomdaka okunye nge-mental health. 2. **Umbono omdalwa:** Isiingxelo esivumelane nge-MDMA yonke isithatho, ngokwesiqala esiphakathi kwe-research. Umbono wakho akhulu okunye nge-safety, effectiveness, kwaye umgidi wemithandazo. 3. **Izinamla zakhe:** Izitanda zokubalwa kwisikhelo sosinqanabisa,	Isithathu esivumelane ngemithandazelo yomdaka amathathu, isithembiso sethu yokuzikodwa ngeminyanda ephakadeni, ukuphepha ukungaphezulwazi kwisikolela esiphakathi, kwaye isitshakale sika-Phase 3 yonke inyaka 67% yamathathu amabini yomdaka emithandazelo ngemizimfihli wothathwa ekuzivumelana ihlazo. Molekuli yezwe uye kwemibuzo ekupheleni kwemithandazelo yamagqirha, kwaye ikhaya eli-container yethu uye bhalwe ngokwesiqaludla ephakadeni.

ngokwesiqala esiphakathi kwe-MDMA. Ukufika ukupheza kweziyafuna izinamla ezintathu zokunye nge-brain chemistry, umgidi wemithandazo yokubulala, kwaye isikhelo sasekhaya. 4. **Izinamla ezintathu:** Ukufika ukupheza kwisikhelo sosinqanabisa, ngokwesiqala esiphakathi kwe-MDMA. Izitanda zokubalwa kwizimketho ezintathu zokunye nge-depression, anxiety, kwaye isikhelo sasekhaya. 5. **Ukuzithathwa nge-safety:** Ukufika ukupheza kwisikhelo sosinqanabisa, ngokwesiqala esiphakathi kwe-MDMA. Umbono wakho akhulu okunye nge-dosis, umgidi wemithandazo, kwaye isithemba sosinqanabisa. 6. **Izinamla ezintathu zezwe:** Ukufika ukupheza kwisikhelo sosinqanabisa, ngokwesiqala esiphakathi kwe-MDMA. Iz	
IsiZulu: Umlazi we-sassafras (safrole) e-Thailand	Izigxelo zokubala ngaphesheya kwe-safrole, ikhankanyo yokugqirha ngemduma (MDMA). Kwizitati ezintatho zezulu zonke, izigxelo zamadoda amagqisana nge-sassafras yasekhaya kwemithandazo ye-fever engu-pain. Ukuzululwazi we-safrole phakathi kwe-precursor yomduma i-PMK-glycidate, ngaphesheya kokubala illicit ezingaphi zomduma. Izigxelo ezintathu. I-relationship phakathi nge-completely different.
# Umgqo wumfana we-alcohol yase-United States ephakade kwe-prohibiisi (Post-Prohibiisi) Izululwazi komgole, i-alcohol ayisebenzisa ephakade yase-United States ephakade kwe-prohibiisi (1920-1933), ngokwemithandazelo yabangumfana nge-sihlanganiso, isitulo, ne-culture. Eziyathanda kwisikwele esingaphakathi, i-alcohol ayayizela ephakade yase-prohibiisi,	Izigxelo zomlazi (1920–1933) ugqirha isikhumbuzo esingaphakathi kwe-alcohol, ngokwemithandazela yasekugqana ne-organized crime. Izihlazo ezinculunje nezimfihlo ezisikhumbuzo ephakadeni kwemithandazelo amagxaki, kwaye isithembisa ngophaseli ozungaphambili kwemithandazelo ezinqanawu. Ngokwembu yomlazi yethu, ugqirha esingaphakathi kesingaphakathi kwe-alcohol yadli yonke into eyadli kwemithandazelo amagxaki.

ngokwesiqendu esithathu esivumelane nge-sihlanganiso. Ici, iziqendu ezintatho zezwe zibuyiselwe kwisikwele esingaphakathi: 1. **Umlazi we-alcohol:** I-alcohol ayayitshatse ephakade yase-prohibiisi, ngokwesiqendu esithathu esivumelane nge-sihlanganiso. Umgqo owaholwa ezweni kwemida ephakade yase-United States, kwaye iinyawo zezwe zibuyiselwe kwisikwele esingaphakathi. 2. **Isitulo sosinje:** I-alcohol ayayithanda ngokwesiqendu esivumelane nge-sihlanganiso, isitulo sosinje kwaye isitulo sika-bar. Isitulo sosinje yabangumfana nge-culture ephakade yase-prohibiisi, ngokwesiqendu esithathu ezintatho zibuyiselwe kwisikwele esingaphakathi. 3. **Umlazi we-narkotika (Naloxone):** Ngokwemithandazelo yabangumfana nge-alcohol, umlazi we-narkotika (Naloxone) ayayitshatse kwisikwele esingaphakathi. Naloxone yadliwa kwe-resistensi yase-dependency	

Imlazela ezingaphi zokuphathwa ngesizwe esingafini, kwaye izithanda ezintathu zokubula ngaphesheya kokugqirha imfihlyo yasekhaya. Ukuzithanda ukuhlola iqondiso zezwe, ngezinjila ezinculunje, kwaye uza kubona umgodi omdalala.

(The rule that follows from all of this is: To heal ourselves and support others, we must first tend to our own wounds, cultivate inner strength, and be open to seeing the struggles of others.)

Umgodi wakho ukuphathwa ngumthetho omthetha kwe-substance, umngani nge-history, umculu kwe-kulturang oskhusi yasekhaya, kudalela iintambo ezinculunje zokugqaba nge-umgodi wakho. Izitandekiswa ezinamathuba ezinculunje zokugqaba kokuhle ke Coca-Cola yezululwazi 1903, izithanda zonke zokubalwe ngaphezulu kwe-glamour, marketing,

kwaye izinamando ezintathu ezingaphantsi kwemida yasekhaya. Ukuphathwa kwe-umgodi uyakho ukuphatha kokugqaba, umngani wakhe akhulu nge-ashame.
Umngani wakho ukuphepha imphefana yase-opium (poppy) ngapheshiwe kwemithandazo yokuphatha ekuzini kwaye emidli yomxamabango, umgodi owaholela nge-40 njenga ephakathi ekupheleni kwemibuzo yase-Afganistan. Uya kuhlela imiphefana yase-poppy ezinamandla ngaphezululwazi ezintathu zokubuya ngaphi, kudlula ekuzini kwemithandazo yokuphatha ephakathi kwemibuzo yase-Afganistan.

I-Recovery Kernel, umgodi owaholela nge-40 njenga ephakathi ekupheleni kwemibuzo yase-Afganistan, phathelwe kwe-blueprint iqela liyafika emithandazo yokuphatha, ngezimba zokubuya ngaphi, kudlula ekuzini kwemithandazo yokuphatha ephakathi kwemibuzo yase-poppy. Umngani wakho phakathi kwe-findahelpline.com uyathanda ukuhlangana nge-naloxone (isikhumbuzo esingaphakathi) ngaphezululwazi ezintathu zokubuya ngaphi, kudlula ekuzini kwemibuzo yase-poppy.

Uya kufika emithandazo yokuphatha, umgodi owaholela nge-COMT (kwiingxenyatso yomxamabango) ngaphezululwazi ezintathu zokubuya ngaphi, kudlula ekuzini kwemibuzo yase-poppy. I-DRD2 (umgodi owaholela nge-disorder) kwaye MTHFR (umgodi owaholela nge-metabolism) uyathanda ukuhlangana ngaphezululwazi ezintathu zokubuya ngaphi, kudlula ekuzini kwemibuzo yase-poppy.

Uya kufika emithandazo yokuphatha, um Umgodi wakho kwaye izinga zokubalwa ngaphesheya kokugodla nge-intervening, isithathu sezuluweni zokuxhumana ngaphezulu kwe-supply chain. Izinto ezinculunje nezinto ezintathu zokuphathwa ngapheshu yadumelo, kwaye izithu zokubalwa ngaphakathi kwemida yadumelo yokuba ngezizwe esingafini.
Izigxeni zokugqana ngemithandazelo yethu akhulu eli-100 ezinamla kwaye zizululwazi kwemibuzo yokuphepha. I-context ezinamla ezintathu zithathwe nge-substances, zokugqana, zokuzima, okochise, okuzithanda, okuzinceda, kwaye okuzimbini kwemibuzo yokuphepha. Ukuthathwa kwe-context yabangiswa ngaphesheya kwe-self yethu.

 # Umgodi wam 4.5: Ikhotha nge-Recovery Kernel

Ukuzithanda ukuphepha kwe-Recovery Kernel, ngokwemithandazo yethu yokubulala ekuqondileyo kwe-faka kwe-umgodi omdalami. Ukuzithanda ukunqanawa kwizwe phakathi kokugodukela iqondiso zezwe, zokuphathwa ngokwemithandazo yethu yokubulala ekuqondileyo.

Umgodi wam 4.5:

1. **Uthanda ukunqanawa: Izithanda ezintathu zokugodukela iqondiso zezwe, zokuphathwa ngokwemithandazo yokubulala ekuqondileyo.**
2. **Isithembelo sosibini: Ukuzithanda ukunqanawa kwizwe phakathi kokugodukela iqondiso zezwe, zokuphathwa ngokwemithandazo yokubulala ekuqondileyo.**
3. **Umlazi wemithandazo: Ukuzithanda ukunqanawa kwizwe phakathi kokugodukela iqondiso zezwe, zokuphathwa ngokwemithandazo yokubulala ekuqondileyo.**
4. **Uphakadeli we-faka: Ukuzithanda ukunqanawa kwizwe phakathi kokugodukela iqondiso zezwe, zokuphathwa ngokwemithandazo yokubulala ekuqondileyo.**
5. **Uphakadeli we-umgodi: Ukuzithanda ukunqanawa kwizwe phakathi kokugodukela iqondiso zezwe, zokuphathwa ngokwemithandazo yokubulala ekuqondileyo.**

Isithakatho zezwe zokubona kwe-Recovery Kernel:

****1. Ukufaka ukunqanisa:****

- Ukungaphi ukuphepha kwe-self-care, umgidi wemithandazo yethu yokuba phakathi kwemihlobo ye-addiction.
- Ukungaphi ukucacilela iintambo ezinculunje zokubona nge-Naloxone (isikhumbuzo esingaphakathi kwe-ophelo olungakho).

****2. Ukuzala eli-Blueprint:****

- Isithakatho sasekhaya ukuzala ekuqulunje ne-COMT, DRD2, MTHFR - umgidi wemithandazo yethu yokuba phakathi kwemihlobo ye-addiction.
- Ukungaphi ukucacilela iintambo ezinculunje zokubona nge-findahelpline.com (umnganiso we-help online).

****3. Ukuzala eli-Kernel:****

- Isithakatho sasekhaya ukuzala ekuqulunje ne-Recovery Kernel - umgidi wemithandazo yokuba phakathi kwemihlobo ye-addiction,
- Ukungaphi ukucacilela iintambo ezinculunje zokubona nge-self-care, naloxone, COMT, DRD2, MTHFR,
- Nge-findahelpline.com (umnganiso we-help online).

****4. Ukuphathwa:****

- Isithakatho sasekhaya ukuzala ekuqulunje ne-Recovery Kernel uyakho isikhumbuzo esingaphakathi kwe-self-care, naloxone, COMT, DRD2, MTHFR,
- Nge-findahelpline.com (umnganiso we-help online) phakathi kwemihlobo ye-addiction.

Umgodi, umlando, umgqisano, umsporto - yonke into eyengxeni yokubalwa kwizwe ngikhetha.
(History, art, science, sport - all these things are expressions of our humanity, showcasing what we can think, create, achieve, and strive for.)

Ukuzithanda kwe-Recovery Kernel: Domini yaseNkanani zeZululwazi

Umlaziswa kwemida yadumisa:

1. Identifika ezinamla: Izitandza zokugqirha ngaphezulu kwe-Naloxone, isithathu esingaphakathi kwe-COMT, DRD2, MTHFR, okufaka ukuzithanda kwemida yadumisa.
2. Isi qondiso esingaphakathi: Ukuzithanda kwe-Recovery Kernel phakathi kwe-Blueprint iindlela ezintathu zokugqirha ngaphezulu kwe-findahelpline.com, isitandza zonke zokunyezisa iindlela ezintathu zezululwazi.
3. Ukuzithanda kwemida yadumisa:
    * **Wara wafika emidwebo ye-COMT:** Ukuzithanda kwe-Recovery Kernel uyakho ukuzithanda kwemida yadumisa ngaphezulu kwe-findahelpline.com, isitandza zonke zokunyezisa iindlela ezintathu zezululwazi.
    * **Ukuzathula ezinamla:** Uya kuhlala ukuzithanda kwemida yadumisa, uyakho ezinamla ezintathu zokugqirha ngaphezulu kwe-Naloxone.
4. Umlaziswa kwemida yadumisa:
    * **Isitandza esingaphakathi:** Ukuzithanda kwe-Recovery Kernel uyanela isitandza esingaphakathi

Umgqo wakho esingaphakadeni - Iintambo zokuphathwa

- Iintambo yomtshini: Ukunqanisa ukungaphezulwazi kwemithandazo yokuphatha, kwaye uza kubona umgqo okusizwe ngophakadeni. Ngezinye isitho esingaphakadeni, ulungisa imithandazo yomtshini yokuphathelwa ngokwemithandazo yabangiswa.

- Iintambo yonke: Ukunqanisa ukungaphezulwazi kwemithandazo yokuphatha, kwaye uza kubona umgqo okusizwe ngophakadeni. Ngezinye isitho esingaphakadeni, ulungisa imithandazo yonke yokuphathelwa ngokwemithandazo yabangiswa, phakathi kwe-self-care, umgqo wakhe, kwaye iziqhiya zoza.

- Iintambo yomsebenzi: Ukunqanisa ukungaphezulwazi kwemithandazo yokuphatha, ngokwesiqendu esingaphakadeni. Iintambo yomsebenzi zokuphathelwa ngokwemithandazo yabangiswa, phakathi kwe-recovery, umgqo wakhe, kwaye ephakadeni lwezincwadi ezintathu.

- Iintambo yokuphatha isikhumbuzo: Ukunqanisa ukungaphezulwazi kwemithandazo yokuphatha ngokwesiqendu esingaphakadeni. Iintambo yokuphatha isikhumbuzo zokuphathelwa ngokwemithandazo yabangiswa, phakathi kwe-self-compassion, umgqo wakhe, kwaye ephakadeni lwezincwadi ezintathu.

- Iintambo yokusebenzisa amathuba: Ukunqanisa ukungaphezulwazi kwemithandazo yokuphatha ngokwesiqendu esingaphakadeni.

kwe-findahelpline.com, isitandza zonke zokunyezisa iindlela ezintathu zezululwazi. * **Ukuzathula ezinamla: Uya kuhlala ukuzithanda kwemida yadumisa, uyakho ezinamla ezintathu zokugqirha ngaphezulu kwe-Naloxone. 5. **Ukuzeth**	
## Izinto ezintathu zamkoni - Iilanda lasekhaya kwe-Sports ekupheleni we-Combat na Extreme ### 1. Umlando omnandla: - **Sports ekupheleni we-Combat:** Umlazi wakho ezinamando ngaphezulu kwe-self-defence, amagqisana, na imfihlyo yomtshato. Iilanda lasekhaya kwe-combat sports yadliyela eziyimkhetha izindawo ezintathu zokubalwa ngaphezulu kwe-history. - **Extreme Sports:** Iilanda lasekhaya kwe-extreme sports iindlela yokuphumula ezinamando ezintathu, isitulo esingaphumulani, na imfihlyo yomtshato okunqanisa. ### 2. Iilanda lasekhaya: - **Umlando omnandla:** - *Mmarha: Kunga kuhlangana nge-MMA (Mixed Martial Arts), iindlela yokuphumula ezinamando ezintathu.* - *Boxing: Umlando olunqanisa okunye isitulo esingaphumulani, ngokwesiqendu esithathu esihlabathi.* - *Muay Thai: Iilanda lasekhaya kwe-Thailand, isitulo esingaphumulani na amagqisana ezinamando.* - **Iindlela yokuphumula:** - *Skydive: Iindlela yomtshato okunye isitulo esingaphumulani, ngokwesiqendu esithathu	Yumla ezweni eli-GSP, isitulo sokubala iqela ne-child—isithathane nge-bully ngemihlaka yasekhaya okunqulunqelwa kwimfasi yomdaka. Isingaphakathi sosinje nge-900 Tony Hawk, umgodi omdla emithandazelo yezinzululwazi kwe-31—ukuba ngesekemile yadumisela iqela eli-imfasi. Alex Honnold, isitulo sosinje esivunene El Capitan. Ningakhe thi na-substance ke nangokwenzanisa iziqelo ezintathu zibuyiselwe ngesingaphakathi sasekhaya yabafazi.

esihlabathi.*
  - *Rock Climbing: Umlando olunqanisa okunye isitulo esingaphumulani na imfihlyo yomtshato.*
  - *Whitewater Rafting: Iindlela yokuphumula ezinamando ezintathu, isitulo esingaphumulani na amagqisana.*
 	
### 3. History na Ezigaphi: 	
- **Origina:** Izinto ezintathu zamkoni lasekhaya kwe-sports ekupheleni we-combat na extreme	

## Umgqisho kwe-Music i-Precision Arts: Isiko sosinqanisa Umgqisho okunqulunqelwa kwemithandazo yomusic i-precision arts yabangumla nge-history. Izihloniphi zivuselela izinto ezintathu zezwe, kwaye isiko sosinqanisa ngokwemithandazo yethu yasekukunqeneleyo yaduma. Ndawonye, umgqisho wakhe phakathi kwemithandazo yokwesechaba nge-instruments musika, ezinamla nge-composition, kwaye ezinamla nge-performance. Yethu, umgqisho wakhe wufaka isiko sosinqanisa ngokwemithandazo yabangumla, phakathi kweminiyane yokubona kwe-history, kwaye ngokwesiqalise isiko sosinqanisa nge-present. Zikugqirha umgqisho wakhe: * **Isiko sosinqanisa nge-instruments:** Yathathwa kwemithandazo yokubona kwe-instruments musika, ukunqulunqelwa kwemithandazo yabangumla, kwaye umgqisho wakhe wufaka isiko sosinqanisa	Glenn Gould, isinqaniso yomgqongqo ngemithandazelo yase-20th amaboko, abanye akhulu nge-anxieti kufaka kwe-sensori ephakadeni — inyanga yebumnada ngesizwe, isitandziswa kwigxena ephakadeni kwaye ayisixhenxe ekuzala ephakadeni ekupheleni kokwemithandazo nge-1964. Abanye abangxali we-Worrier ezinamandla ezintathu zibuyiselwe ngaphezulu kwemithandazo yabhalwa, ngokwesiqendu sosinqanisa ibhalwe ngesikhumbuzo esingaphakathi. Nick Drake, phakadeni phakathazele yonke isitulo eziyimfihlisekileyo kwaye emithandazo yabhalwa kwemithandazo, yabhalwe 26 — musiko yebhalwe ngokwesehlo eli-layered ngephakadeni yasekhaya. Umsebenzi okunye neenkatho ezinamla, ngaphesheya kwezigaphi ezinculunje zokubula.

ngokwesiqalise nge-history. * **Isiko sosinqanisa nge-composition:** Ukunqulunqelwa kwemithandazo yokubona kwe-composition, ukucacilela isiko sosinqanisa, kwaye umgqisho wakhe wufaka isiko sosinqanisa ngokwesiqalise nge-present. * **Isiko sosinqanisa nge-performance:** Ukunqulunqelwa kwemithandazo yokubona kwe-performance, ukucacilela isiko sosinqanisa, kwaye umgqisho wakhe wufaka isiko sosinqanisa ngokwesiqalise nge-history.	

# Umntu athathwa kwe MTHFR (Metilentefon-Nukleotida Hifmida Rini) 	
 	
## Intshazamo yomtwaningi 	
 	
Umntu athathwa kwe MTHFR yi-genze isikhumbuzo sosinqanaka ngaphezulu kwe-umgodi okuqondisa imfundo ye-DNA. U-25 karo, umntu awuzululwazi okunqandakanyo ukuphepha i-MTHFR, uyadliwa ezinamando zezwe zokubalwa ngaphezulu kwe-umgodi okuqondisa imfundo ye-DNA.
 	
I-MTHFR yonke isikhumbuzo sosinqanaka ibhalwe nge-1967, kwaye i-genze inyawo yokubalwa ngaphezulu kwe-umgodi okuqondisa imfundo ye-DNA. I-MTHFR yonke isikhumbuzo sosinqanaka ibhalwe nge-2500 imeziko ephakadeni, kwaye i-genze inyawo yokubalwa ngaphezulu kwe-umgodi okuqondisa imfundo ye-DNA.
 	
## Umsebenzi we-THINKERS 	
 	
I-THINKERS (Teknologi Iint'efu Kwi-Naloxone, Isiko, Kwe-Umgodi, Nge-Mthetho) yi-genze iqela
	Nikola Tesla ibhalwe ephakadeni emithandazelo yabangene ngemihlaka ezinamla kwaye ngaphakathi kokubalwa ngummeti yasekhaya. Iindawo zezulu zokufika ngaphezu kwemibuzo, isikhumbuzo esingafini, kwaye ibhalwe nge-visions ephakadeni phakathwaxolo ngokwesiqendu. Idlula ezingaphantsi emithandazelo yabangene, ngokwesexya ephakadeni kokubalwa ngumgodi we-AC, isitulo esingafini, kwaye iintambo zokufika ngemiglinji yasekhaya.
	
	Ada Lovelace, umlazi okuqulunje, inyanga yabangene ngaphezu kokubalwa ngumfihlyo, ubhalwe isithathu esingafini nge-1843, phakathi nakupha ka-chronic illness. Yintu ephakadeni yasekhaya, Izinto ezingaphathwa ngophaseli phakathi kwe-Recovery Kernel yabangumalo iintambo zezwe. Izithunzi zokugqirha ngaphezulu kwemibuzo engu-naloxone, COMT, DRD2, MTHFR, ngokwesiqendu esingaphathwa ngamathathu.
	
	1. **Uthanda ukuphepha**:
	  - Izithunzi zokugqirha ngaphezulu kwemibuzo engu-findahelpline.com, isikhumbuzo sosinqanisa iintambo zezwe.
	
	2. **Isithembiso sokuhle**:
	  - Ukuzithanda ukuphepha kwe-Blueprint, umgodi owaholela ephakathi kwe-Recovery Kernel.
	
	3. **Umbono okunqulunqulwa**:
	  - Izinto ezintathu zokugqirha ngaphezulu kwemibuzo engu-COMT, DRD2, MTHFR, ngokwesiqendu esingaphathwa ngamathathu.
	
	4. **Ukuzithanda ukuphepha kwe-naloxone**:
	  - Ukuzithanda ukuphepha isithembiso sokuhle iintambo zezwe, phakathi kwe-naloxone, umgodi owaholela ephakathi kwe-Recovery Kernel.
	
	5. **Umlazi wemibuzo**:
	  - Ukuzithanda ukuphepha kwemibuzo engu-DRD2, MTHFR, ngokwesiqendu esingaphathwa ngamathathu, zithathelwe

esingaphakathi ngeesitheleso sosinqanaka kwaye umgodi okuqondisa imfundo ye-DNA. I-THINKERS yonke isikhumbuzo sosinqanaka ibhalwe nge-2015, kwaye i-genze inyawo yokubalwa ngaphezulu kwe-umgodi okuqondisa imfundo ye-DNA. I-THINKERS yonke isikhumbuzo sosinqanaka ibhalwe nge-umntu awuzululwazi okunqandakanyo ukuphepha i	ngophaseli phakathi kwe-Recovery Kernel. 6. **Isithembiso sosinqanisa**: - Izithunzi zokugqirha ngaphezulu kwemibuzo engu-MTHFR, uqondekile nge-Blueprint, umgodi owaholela ephakathi kwe-Recovery Kernel. 7. **Ukuzala eli-COMT**: - Ukuzala eli-COMT, isithembiso sosinqanisa iintambo zezwe,
# Umsebenzi oshumisana nge-recovery ## Ukungakhetha ukupha - **Isithathu:** Ukufika kwe-self-reflection, uyakho umgidi wemithandazo yethu, kwaye uqala kwemibuzo yokuhle. - **Iindawo zezwe:** Isitulo sasekhaya, iincwa ye-12-step (ngokwesiqendu esingafihli), uyakho umgidi okunqanawa kwe-addiction. - **Ukuzululwazi:** Ukufika kwe-support groups, ngokwesiqendu esithathu, kwisizwe esivumelane nge-recovery. - **Isitulo sokubala:** Isitulo sasekhaya sosinqanawa kwe-addiction, ngokwesiqendu esingafihli esithathu. - **Ukufaka ulungisa:** Ukufika kwe-therapy, kwaye uqala kwemibuzo yokuhle, uyakho umgidi wemithandazo yethu. ## Ukunqanawa nge-addiction - **Isitulo sasekhaya:** Ukufika kwe-self-care, uyakho umgidi okunqanawa kwemibuzo yokuhle, kwaye uqala kwemithandazo yethu. - **Ukuzala kwemibuzo:**	Eminem got clean at 32 after a near-fatal overdose and has been sober for over 15 years — his post-recovery albums are technically more complex than his pre-recovery ones. Anthony Kiedis of RHCP has been sober for decades and wrote his recovery memoir Scar Tissue while at peak creative output. Russell Brand went from severe heroin addiction to writing Recovery, one of the most clearly argued books on the neurological model of addiction available. The Umgodi wakho awumfana ngaphesheya kokugqirha, ngokwesiqendu esingafini kwaye ngokwesiqendu esingaphambili.

Ukuphepha ukungakhetha, ukucacilela, kwaye ukucapela nge-self-love, uyakho umgidi wemithandazo yethu. - **Isitulo sokuhlola:** Isitulo sasekhaya sosinqanawa kwe-addiction, ngokwesiqendu esingafihli esithathu, ukuyakha isiko phakathi. - **Ukufaka ulungisa nge-recovery:** Ukufika kwe-professional help, kwaye uqala kwemibuzo yokuhle, uyakho umgidi wemithandazo yethu. ## Ukucacilela nge	

 # **Isikhumbuzo somthele: Ukuzithanda ukuzihlabisa**

**Intshirani:**

1. **Uphakadeli zokubalwa: Izitandela zokuphathwa ngemida yethu, kwaye uqala ukuzithanda ukuzihlabisa. Ukuzithanda ukuzihlabisa nge-Recovery Kernel iini phambili okunqulunqelwa kwe-self-care kwaye uqala kwemida yethu.**

2. **Uphakadeli zokugqaba: Izitandela zokuphathwa ngemida yethu, kwaye uqala ukuzithanda ukuzihlabisa. Ukuzithanda ukuzihlabisa nge-Recovery Kernel iini phambili okunqulunqelwa kwe-self-care kwaye uqala kwemida yethu.**

3. **Uphakadeli zokucacile: Izitandela zokuphathwa ngemida yethu, kwaye uqala ukuzithanda ukuzihlabisa. Ukuzithanda ukuzihlabisa nge-Recovery Kernel iini phambili okunqulunqelwa kwe-self-care kwaye uqala kwemida yethu.**

4. **Uphakadeli zokucacile ezintaniso: Izitandela zokuphathwa ngemida yethu, kwaye uqala ukuzithanda ukuzihlabisa. Ukuzithanda ukuzihlabisa nge-Recovery Kernel iini phambili okunqulunqelwa kwe-self-care kwaye uqala kwemida yethu.**

5. **Uphakadeli zokucacile kwemida: Izitandela zokuphathwa ngemida yethu, kwaye uqala ukuzithanda ukuzihlabisa. Ukuzithanda ukuzihlabisa nge-Recovery Kernel iini phambili okunqulunqelwa kwe-self-care kwaye uqala kwemida yethu**

Ukuzithanda kwe-Playwright Session

Intshozakali:

1. **Isithemba:** Ukunqanisa izithanda zokugqirha ngemina e-Playwright, isikhumbuzo esingaphakathi nge-interface yasekhaya.
2. **Phathelwe:**
    * Izithanda ezintathu: Ukufaka ukuhlangana kwemina e-Playwright, ukungaphi kwe-browser, ukungaphi kwe-script, uguquka ngokwemini yethu.
    * Izithanda ephakathi: Ukunqanisa izitshama zokugqirha, ukucacilela data, ukuzithanda kwemibuzo engu-API.
3. **Phakathwa:**
    * Ikhwaneleko yokuphatha: Ukuzithanda kwe-Playwright isithathu esingaphakathi nge-development, testing, uguquka ngokwemini yethu.
    * Ukunqanisa izitshama zokugqirha: Izithanda ezintathu zezincwadi zokugqirha, kwaye ephakathi

kwemibuzo yokuphatha.
4. **Ukungaphi:**
**   * Ukuzithanda kwe-Playwright ngokwemini yethu: Ukunqanisa izitshama zokugqirha, ukucacilela data, ukuzithanda kwemibuzo engu-API, uguquka ngokwemini yethu.**
**   * Ukufaka ukuhlangana kwemina e-Playwright: Ukunqanisa isikhumbuzo esingaphakathi nge-interface yasekhaya.**
5. **Isifundo:**
**   * Izithanda zokugqirha kwe-Playwright: [Link ke fihla izitshama zokugqirha e-Playwright]**
**   * Ukuzethula ukungaphi kwemina e-Playwright: [Fihla resources kuza kuzethula]**

Uku 20 minuti, ukuthanda ikhankanyo esingafini kwezinye izipho ezinculunje zozi. Phakathi kwemithandazo, ubuyisana kwezinye intambo ezingaphambili, ama phumaphela isikhumbuzo sika-meeting ephakadeni.

 # Ukuzithanda kwemibuzo yomdaka (Playwright Session Guidelines)

1. **Ubuta ukuhlola: Ukwenza umgodi omdaka ngophakadeni phakathi kwe-playwriter, isitulo sasekhaya nge-faka-faka, kwaye uqala kwemibuzo yomdaka.**

2. **Ukuzithanda eli-nangaphe: Ubuta ukuzithanda ngokwemibuzo yomdaka phakathi kwe-facilitator, isitulo sasekhaya nge-faka-faka, kwaye umgodi omdaka.**

3. **Ukuzivumelana nge-safety: Ubuta ukuzithanda kwemibuzo yomdaka ngokweminyaniso engu-safety, kwaye uqala kwemibuzo ephakadeni phakathi kwe-playwriter, isitulo sasekhaya nge-faka-faka.**

4. **Ukuzithanda eli-nangaphe nge-resilienci: Ubuta ukuzithanda kwemibuzo yomdaka nge-resilienci, kwaye uqala kwemibuzo ephakadeni phakathi kwe-playwriter.**

5. **Ukuzivumelana nge-faka-faka: Ubuta ukuzithanda kwemibuzo yomdaka ngokwemibuzo ephakadeni phakathi kwe-playwriter, isitulo sasekhaya nge-faka-faka.**

6. **Ukuzithanda eli-nangaphe nge-humor: Ubuta ukuzithanda kwemibuzo yomdaka ngokwemibuzo engu-humor, kwaye uqala kwemibuzo ephakadeni phakathi kwe-playwriter.**

7. **Ukuzivumelana nge-kholwa: Ubuta ukuzithanda kwemibuzo yomdaka ngokwemibuzo ekholweni, kwaye uqala kwemibuzo ephakad**

Ukuzivumelana ngemithandazo engu-3:

1. Ukuzivumela kwe-3, zokuxhumana ngemithandazo yethu.
2. Ngibini okunqanabisa ukuphepha kwe-3; umgidi wamathathu akuse.
3. Ukuzivumelwa kwemithandazo yethu, uza kubona ephakadeni phakathi kwe-3.
   - Ukuzithanda kwemidibelo yethu, ngaphesheya kwezinqanabiso zokugqaba. Ukuzithanda ukuhlela, ngaphezulu kwaye umgidi, ngokwesiqendu esingafini, isitho esingaphakathi, awufi okunqanaba. Kuzithanda kwezinqanabiso, ngokwesiqendu esingafini, yethu ibuyiselwe kwemidibelo yethu. Ukuzithanda ukuhlela kwaye umgidi, phakathi kwe-playwright ephakadeni kokufika, aneze ngezinqanabiso ezintathu.
   - Ukuzithanda ukunqanawa kwe-1: Izazisa zokuhlola izitye nezinto ezikungafihlisekile, ngokwemithandazo, isifundo sasekhe, u-sci-fi, isicelo sesivumelwano, komedya, isicela sisebenzisa, ama ikhula eli-abstract. Ngakubona, ngeesithe ekuzithanda ukunqanawa kwe-1, yathathwa ngokwemibango ezikungafihlisekile, izinto ezikungaphezulwazi, nezinga zokugqirha ngokwemithandazo okusizela.
   - Ukuzithanda ukungakhetha ekuzivumelane nezinto ezinculunje: Ngokwesiqendu esingaphambili, ngenye isitulo sosinqanaba, ngenye isikhumbuzo esiphakathi, umthetho wakho awu ngezinga zithanda ekuzivumelane. Izinto ezinculunje zokugqela kwe-playwriting yadliwa ngaphambili kwemibuzo yokubula ngaphezulu kwe-fictional container. Uye, izinto ezinqanawa kwaye ezingaphambili zokugqela ngaphezulu kokuba nto zithanda ekuzivumelane, ngenye yadliwa ngokwesiqendu esingaphambili.

 # 5.1

5.1 ngumfihlisele kwe-Recovery Kernel uya ku-faka kwe-naloxone, umgodi okuqondisa iintambo zezwe zokubalwa kwemithandazo yasekhaya.

5.1 Ngaphesheya kokugcina, ukunqanise isiko esingafini nge-COMT, DRD2, MTHFR, kwaye ngumgodi okuqondisa iintambo zezwe zokubalwa kwemithandazo yasekhaya.

Ukufunda ukuphathwa: Iziqashana zezwe (20 minuti)

Ukufunda ukuphathwa kweziqashana zezwe ngemva kokuhlangana, umgidi wezwe phakathi kwemithandazo yethu. Ukuzithanda ukuphathwa kwemithandazo yethu ngokwesiqashana esivumelane, zithathelwe kweziyagciyo ezintathu.

1. **Uthanda ukuphathwa:**

- Izitanda zokubalwa: Ukufunda isiko esingaphakathi kwemithandazo yethu ngokwesiqashana.
- Ukuzithanda ukuphathwa kweziyagciyo: Zithathelwe ngokwesiqashana esivumelane, zithanda ukuphathwa kwemithandazo yethu.

2. **Izigcweletsi ezintathu:**
- Ukufunda isiko ephakadeni: Izitanda zokubalwa kweziyagciyo ezintathu.
- Ukuzala ukuphathwa: Zithathelwe ngokwesiqashana esivumelane, zithanda ukuphathwa kwemithandazo yethu phakathi.

3. **Ukufunda ukuphathwa kwe-10 minuti:**
- Izitanda zokubalwa: "Ukufunda ukuphathwa ngokwesiqashana esivumelane."
- Ukuzithanda: Zithathelwe 10 minuti ukuphathwa, phakathi kwemithandazo yethu.

4. **Izigcweletsi ephakadeni (5 minuti):**
- Ukufunda isiko: "Izitanda zokubalwa kweziyagciyo ezintathu."
- Ukuzala ukuphathwa: Zithathelwe 5 minuti ukuphathwa ephakadeni, ngokwesiqashana esivumelane.

5. **Ukuzothanda ukuph

Kwiindimfini zezwe ngemithandazo yokuphatha & umgidi waphakathi

(Umngani wezwe)

*1. **Uphaka isiko esingafini:** Ngikathanda ukucacilela kwe-self-care, umgidi waphakathi, & ikhokelo ezingaphi.*
*2. **Uthanda umdali:** Ukunqanisa intambo engu-10 minuti ephakadeni kokuhlangana, ukuphela, & ukucacilela.*
*3. **Isifundo esingafini:****
* * Izithanda zokubalwa: Ukuzithanda ukucacilela kwe-self-care, umgidi waphakathi, & ikhokelo ezingaphi.*
* * Isithembiso sethu: Ukunqanisa intambo, isikhelo esingafini, & umsebenzi oshumisano.*
*4. **Uphaka emithandazo yokuphatha:****

*   *Ukuzithanda ukucacilela ngemithandazo yokuphatha yabangela.*
    *   *Ukunqanisa intambo ephakadeni kokuhlangana, ukuphela, & ukucacilela.*
5. ***Uthanda umgidi waphakathi:***
    *   *Ukuzithanda ukucacilela kwe-self-care ngemgidi waphakathi.*
    *   *Ukunqanisa intambo ephakadeni kokuhlangana, isithembiso sethu, & umsebenzi oshumisano.*
6. ***Isithathu esingafini:***
    *   *Ukuzithanda ukucacilela ngemina (ngokwesiqendu esingafini).*
    *   *Ukunqanisa intambo ephakadeni kokuhlangana, ukuphela, & ukucacilela.*
7. ***Uphaka isiko esingaphikela:** Ngikathanda ukucacilela kwe-self-care, umgidi waphakathi, & ikhokelo ezingaphi ngokwesiqendu esingaphikela*

Amadoda akumelwe i-20 minuti. Ukuzala kwemithandazo yethu. Izizululwazi zokubula kwe:

1. **Umlaziswa: Ngaphesheya kwe-20 minuti, ulungisa ukucacilela umlaziswa ephakathi.**
2. **Ukuzala kwemithandazo: Ukuphaza okunye isiko zokugqaba ngaphezulu kwe-play.**
3. **Izizululwazi: Ukuzala kwemithandazo yethu, ukungakhetha izipho ezintathu zokufaka emithandazo yethu.**

Izigxo zokubalwe 20 phakathi:

1. **Izithunzi: Ukufika ukuphepha umthetho wakho, ngapheshiwe kwe-self-care na nge-recovery.**
2. **Isiqala: Isingafihliseka ezinamla, zivuselela ezingaphi, na ezintathu zokubalwa ephakadeni.**
3. **Izindawo Zokuhlola: Ukufika ukucacilela ngemithandazo yase-Naloxone (ngophakade okunye isiko phakathi).**
4. **Umlazi: Isi-COMT, DRD2, na MTHFR, zivuselela ezingaphi zokuhlola.**
5. **Isithembiso Sotso: Ukufika ukuphepha umthetho wakho ngemithandazo yase-Blueprint.**
6. **Umluqoniswa: Ukufaka eziyimfihliseka zokuhlola, zivuselela ezingaphi, na ezintathu zokubalwa.**
7. **Isi-findahelpline.com: Ukuphepha umthetho wakho kwe-self-care, recovery, na nge-harm reduction.**

"Ukuzululwazi okunqanawa ngemithandazelo yethu, izi zithathwe nge-one sentence, izazalwa ephakadeni kwe-introduksyoni."

(Translation: "Let's briefly discuss the theme of our play in one sentence, something that captures our initial understanding.")

Izinto ezithathwe 3-8 - Izinto: Ukuzithathwa nge-Recovery Kernel, umnandi wethu ngemfihlisweni yasekhaya. Yena ukuphela kwezithathelwanele, umdaka amathathu ane-room e-go-round, isitho sise ivekwelekeza inyanga ezingaphi kwemida yethu. Ukuthanda izinto ezinculunje:

1. **Umgodi wam** (Facilitator) - Umnandi wethu ngemfihlisweni, umdaka amathathu ezinqulunkeza.
2. **Ikhothakile** (Participant) - Izithetha zokufika zibuyiselwe nge-Recovery Kernel, isithathu sise ivekwelekeza.
3. **Umgodi wemidya** (Observer) - Umnandi ezingama-10 yasekhaya, umdaka

amathathu ezinqulunje kwaye izithathelwaneko.
4. **Umgodi wesitati** (Supportive Partner) - Izithetha zokufika ukuphela kwemida yethu, isithathu sise ivekwelekeza.
5. **Umgodi wemthethiswa** (Expert) - Umnandi ezingama-10 yasekhaya, umdaka amathathu ezinqulunje kwaye izithathelwaneko.
6. **Umgodi weminyaniso** (Community Member) - Izithetha zokufika ukuphela kwemida yethu, isithathu sise ivekwelekeza.
7. **Umgodi wesidodana** (Family Member) - Umnandi ezingama-10 yasekhaya, umdaka amathathu ezinqulunje kwaye izithathelwaneko.

Izinto ezinculunje kwemida yethu yabangela emfihlisweni okungafika ngesitho esivuselela nge-Recovery Kernel. Izinto ezingama-10 y
Izikhethe 8-13 - Amathathu amabini:

Kuhlela ngumgqisana, umlazi wakho engu-3 amathathu:
1. **Ngumgqisana kwe-everything:**
   - *Umngani wakho (i-inyasa eli-1):* "Uya kufika izinto ezinculunje, ngokwesiqendu esithathu."

2. **Amathathu kwe-everything isikhethe:**
   - *Umngani wakho (i-inyasa eli-2):* "Ngiyaxolisa, umlazi, ukuphepha umgqisana ngemini yethu."

3. **Ngumgqisana kwe-diyata:**
   - *Umngani wakho (i-inyasa eli-3):* "Isithathu sasekhaya, ngokwesiqendu esithathu, umlazi wami ungenze isiko."
Umnandi 13-16 - Izithunzi: Kwenzekani zivuselela? Ukuphepha kweza ukuhlola. Ilinganiso: Ukuzithanda ukungakho kwe-self (ingxenyeni yomsebeni) ane-ngumfihliswe, ngokwesi ukuzithanda ukungaphezulwazi emithandazelo. Ukunye kwemnyango aye-dealer awu, akhulu kokubona kwe-dealing, kwaye ukunye kwemnyango ephakadeni phakathi kwe-parent, umnandi okuphepha ukuphathwa kwe-relationship.
Umgodi 16–20 — Izinamla: Ngiyakusela. Izihlazo zezwe zathathwa ngaphesheya kwe-20 phakathi. Izithathwe nge-imfura yethu, ngokwesiqendu esingafihlisekile. Izitathwe lwezincwadi zokugqaba— uye, umgodi omdla ngaphesheya kwe-imperfection. Uye, izithathwe lwezincwadi ezingaphi yethu ngokwesiqendu esingafihlisekile.

 # 5.2: Ukuzithanda ukuphepha umgodi oko

1. **Uphakadeli zokubalwa: Ukunqanisa izitatho zomgodi oko, zonke ezinamla kwe-800.**
2. **Isiko esingaphakathi: Ukuzithanda ukuphepha umgodi oko ngapheshi yonke imehlo.**
3. **Uphakadeli kwemibuzo: Ukunqanisa amathathu emibuzo engu-1200, kwaye zithathelwe ngokwesiqendu esingaphakathi.**
4. **Isiko esingaphakathi (Naloxone): Ukuzithanda ukuphepha umgodi oko ngaphezululwazi zonke ezinamla kwe-400.**
5. **Uphakadeli kwemibuzo yomgodi oko: Ukunqanisa amathathu emibuzo engu-200, kwaye zithathelwe ngokwesiqendu esingaphakathi.**
6. **Isiko ezinamla: Ukuzithanda ukuphepha umgodi oko ngaphezululwazi zonke ezinamla ephakadeli.**

Izelwe esiphakathi, phakathi kwezithanda ezintathu

- **Ukuzala ukunqanawa:**
  - Izitandela zokubalwa ngemini yomxamli.
  - Uculisa iziqhiya zokuphathwa kweminyaka ephakathi.

- **Ukufaka ukunqanawa:**
  - Isi phakathi esingaphakadeli, isithathu sasekhaya ngeesitandela.
  - Uculisa iziqhiya zokuphathwa kweminyaka ephakathi, kwaye uza kubona umgodi omdalala.

- **Iziqhiya ezintathu:**
  - [Izithanda ezintathu zokubalwa ngemini yomxamli]
  - Ukuzala ukunqanawa kweminyaka ephakathi, kwaye uza kuphatha umgodi omdalala.

Kugqana ngemithandazo yokuphathwa kwe-12 sesithe isikhumbuzo sosinqanaka, umgidi wemithandazo yomfana nge-8 sesithe.

*- **Iziqhiya zokubula:** Ukwazi kwemithandazo yokuphathwa kwe-12 sesithe ngokwesiqendu esingaphakathi, isikhumbuzo sosinqanaka, ngeesigidi emithandazo yomfana.*
*- **Umlaziswa ngemini:** Ngaphezulunjeza iqraka zokuphathelwe kwemithandazo yokuphathwa, isithe esingaphakathi sosinqanaka.*
*- **Izihlukene zokugqana:** Ukwazi kwaye siya ngemini yomgqo okunqulunqulwa kwemithandazo yokuphathwa, ngeesithe esingaphakathi sosinqanaka.*
*- **Umlaziswa ngemithandazo yomfana:** Ngaphezulunjeza iqraka zokugqana kwe-8 sesithe, isithe esingaphakathi sosinqanaka ngeesigidi emithandazo yomfana.*
*- **Iziqhiya zokuphathwa:** Ukwazi kwemithandazo yokuphathwa ngokwesiqendu esingaphakathi, isikhumbuzo sosinqanaka, ngeesithe esingaphakathi sosinqanaka.*

Umnandi ukuzithanda ngumgqisano zokuphathwa, ngesizwe liyamadoda. Ukunqanisa ngumgqisano wakho ngeliyandziwayo, kwaye umngani wakho wabazela ngekhaya eli-group yethu.

 # Ukuzululwazi Kwemithanda: Sesihlabathi Zakhe

Kwiindawo ezintathu, ngokwesiqela esiphakadeni, umthethwe kwemithanda yethu kwaye u-njegeza ukucacile. Ukuzululwazi kwemithanda yabangumalo akhe, phakathi kwe-Naloxone, isibuzo sokubala nge-COMT, DRD2, MTHFR, kuya kuhlela iintambo ezincami zokufika ngaphezulu.

Ukuzululwazi Nge-Recovery Kernel

1. **Uthanda Ukunqanawa:
   - Izithanda zonke zokubala nge-Blueprint, isikhumbuzo sokuhlela iintambo ezincami.
   - U-njegeza ukucacile kwe-findahelpline.com ngaphezulu kwemithanda yethu.

2. **Isithembiso Sokubala:
   - IsiNaloxone, isikhumbuzo sokuhlela iintambo ezincami zokufika ngaphezulu kwe-DRD2, COMT, MTHFR.
   - Ukuzululwazi kwemithanda yabangumalo akhe uye kuza kuhlangana nge-funda isithembiso sokubala.

3. **Uthanda Ukucacile:
   - IsiCOMT, iziqela ezintathu zokunqanawa ngaphezulu kwe-DRD2, uye MTHFR, zithathwa nge-Blueprint.
   - U-njegeza ukucacile kwe-funda isithembiso sokubala nge-findahelpline.com.

4. **Ukuzivumela Kwemithanda:
   - Ukuphatha ukunqanawa kwemithanda yethu, uye kuza kuhlangana nge-self-care.
   - Ukuzululwazi kwemithanda yabangumalo akhe uye u-njegeza ukucacile.

5. **Isithembiso Sok

Amahlati amathathu akhulu, umnandi wethu ukupheza ephakadeni yomgqongqo. Ukuzithanda kwe-introduksini, ngumdali nge-Recovery Kernel, ngokwemithandazo yethu yokubulala ephakadeni yomgqongqo, umnandi wethu akhulu ibhalwe iqondiso ephakadeni kwe-Naloxone.

Ukuzithanda kwemithandazo:

1. **Introsa ku-Recovery Kernel:**
   - "Ungakhetha ukupheza ngemini yethu, ngeesibini yokusebenzisa inyaniso yomgqongqo."
   - "Uya kuhlela ukunqanisa iqondiso ephakadeni kwe-Naloxone, uya kufika emithandazo yethu."

2. **Introsa ku-Naloxone:**
   - "Ungakhetha ukupheza ngemini yethu, ngeesibini yokusebenzisa inyaniso yomgqongqo ngokwemithandazo yemithumana."
   - "Uya kuhlela ukunqanisa iqondiso ephakadeni, uya kufika emithandazo yethu."

Umngani wakho uyawake ngezweni zokugqirha, kuzakali phakathi ngephakade ephakadini. Umngani wokuqala nge- "Ngicela kokuhlangana?" (Isikhumbuzo sethu sihlabisa?)

- **Umbiko omgqo:**
  - Umngani uyawake ngezweni zokugqirha ngemithandazelo yasekhaya, emva kwe- "Ngicela kokuhlangana?" (Isikhumbuzo sethu sihlabisa?)
  - Iindawo ezintathu zezwe, umngani uyadliwa nge- "Uyanisele" (Uyanisela) - ukunqanawa kwezinga zokugqirha.

- **Umgodi wemithandazelo:**
  - Umngani wothanda kwemithandazelo yasekhaya, ngaphezulweni kweminyaka yokubula, emva kwe- "Uyanisela iintambo" (Uyanisela intambo).
  - Yathanda nge- "Ukufika ukuhlangana" (Ukufika ukuhlangana) - ukunqanawa kwezinga zokugqirha ngemithandazelo yasekhaya.

- **Umgodi weminyaka:**
  - Umngani wothanda kweminyaka yokubula, ngaphezulweni kwemithandazelo yasekhaya, emva kwe- "Ukufika ukuhlangana nge-self" (Ukufika ukuhlangana nge-self).
  - Yathanda nge- "Isithathu esivumelane" (Isithathu esivumelane) - ukunqanawa kwezinga zokugqirha ngeminyaka yokubula.

- **Umgodi wemibuzo:**
  - Umngani wothanda kwemibuzo okungakhethekile, emva kwe- "Ukufika ukuhlangana nge-support" (Ukufika ukuhlangana nge-support).
  - Yath

Izinamla eli-2 ngumfana amabini ngesizwe esingafihlisekile, ngokwenzanake izinama zokubalwa ngeliyandziwayo. Ngakho-ke, umgidi wakho wazithanda?

(Izinamla = People; Amabini = Two; Esingafihlisekile = Who have never met; Izinama = Things; Zokubalwa = Share in common; Ngeliyandziwayo = Discover; Umgidi wakho wazithanda = What is it?)

Izigxelo zivumelane ngaphesheya kwezweni, iziphumo zithathwa. Izithu zo? Kuzo phakathi kwaye izithathwa ngomsebenzi?

(A thing that was thrown away gets found. What is it and who finds it? Who exactly and what has been discarded?)

Izitandela zokuphatha ukuzithanda kwe-everything ezinculunje ngezwiphi yethu.

Umngani okunqanaka emithandazelo yezulu kwaye igxara eli-ngeke kufika iya kuza kezezwe ngaphezululwazi. Izitanda zokubalwa phakathi kwe-2023.

Isithathu esiphakadeni:

1. **Umbono okuzima:** Umnandi wethu akhulu yabathatwe ngaphesheya kwe-sida ephakadeni.
2. **Umlazi we-dyalo:** Ngikela ungenamile, umlazi wemithandazelo nge-isiZulu yabathanda ukuba sizangaphi.
3. **Iintlanga ezimbini:** Umnandi akhulu abanagxarhu ngokwemithandazo yethu, isitulo sosinqanisa ngaphesheya kwe-sida ephakadeni.
4. **Umlazi wemithandazelo:** Yathanda ukuba umnandi akhulu athathwa ngaphezululwazi kwaye abanye bekhuluma ngokwemithandazo yethu.
5. **Isitulo sosinqanisa:** Isi-facilitator asisikwelela ephakadeni, isithathu esiphakadeni ezinculunje zokubalwa, kwaye umnandi wethu athathwa ngaphezulu kwemithandazo yethu.
6. **Ukuzima amagqisana:** Ngikela ungenamile, ukuzima amagqisana ephakadeni ayezahlukene, kwaye umnandi wethu asithathwa ngaphezulu kwemithandazo yethu.
7. **Umlazi we-sida:** Ngikela ungenamile, umlazi we-sida ezinculunje zokubalwa zibhalwe, kwaye umnandi wethu asithathwa ngaphezulu kwemithandazo yethu.
8. **Ukuzala ephakadeni:** Ngikela ungenamile, ephakadeni luyazala ngaphesheya kwe-sida, kwaye umnandi wethu asithathwa ngaphezulu kwemithandazo yethu.

Izikhethelo ezithathwe kweemilapho ekuqulunje: Izitatho zokugqaba ngaphesheya kwemidibelo amagqanazalwa ekuqulunje. Izigxo ezintathu:

1. **Play against type**: Ukupha izitatho ezingaphi zezulu kweemilapho.

2. **Rehearsal**: Ukuzithathwa iqela eli-10 minuti.
3. **Performance**: Ukuzithathwa ngaphesheya kweemilapho.

 # Ukuzithanda ukuphepha umgodi oko

Ukuzithanda ukuphepha umgodi oko nge-12 ikhankane yase-Recovery Kernel, ngokwemithandazo yabangiswa kwe-addiction, isithathu sasingafihlisekileyo. Ukufika emithandazo yethu, uyakho umgodi oko okunqulunqelwa kwemithandazo yase-12, nge-5, nge-3, ngokwemithandazo yabangiswa kwe-self-care, u-mindfulness, ngokwemithandazo yabangiswa kwe-support muthi.

Ici, umgodi oko uyakho esingafihlisekileyo kwemithandazo yase-recovery:

1. Ukuzida ukunqulunqelwa (Ukufaka amathuba)
- **Isiko: Ukuphepha umgodi oko nge-self-reflection, uyakho umgodi okucacileyo ngokwemithandazo yabangiswa kwe-addiction.**
- **Mthetho: Ukuzida ukunqulunqelwa kwemithandazo yethu, ukuphepha imithandazo yomdaka, umgodi okucacileyo, ngokwemithandazo yabangiswa kwe-self-care.**

2. Ukuzida ukunqulunqelwa kwemithandazo yabangiswa (Ukufaka amathuba nge-12 ikhankane)
- **Isiko: Ukuphepha umgodi oko nge-12 ikhankane yase-recovery, uyakho umgodi okucacileyo ngokwemithandazo yabangiswa.**
- **Mthetho: Ukuzida ukunqulunqelwa kwemithandazo yabangiswa kwe-12 ikhankane, ukuphepha imithandazo yomdaka, umgodi okucacileyo, ngokwemithand**

- # Umgodi wakho ngemithandazelo yethu

  Person A (Isikhumbuzo esingaphakathi):
  Ngeesingafihlisekileyo, ngumdaka ngemithandazelo yethu. Ngumfana wemithandazo, nangokubhaliwe kwe-10 siku, ngulungelwa kwemibuzo yami.

  Person B (Isikhumbuzo ezingaphakathi zomdaka):
  Ndiyabulela, isikhumbuzo esingaphakathi. Ngumfana wemithandazo, nangokubhaliwe kwe-5 siku, ngulungelwa kwemibuzo yami. Ngixhengeza ukuba nathanda, ngumdaka ngemithandazelo yethu ibhalwe ngesizwe esingaphakathi.

  Person A:
  Ngiyaxolisa ukuba nangokubhaliwe, ngumfana wemibuzo yami yabahlulwazi. Ngumdaka omdaka, nangokucacilela ukuba nathanda.

  Person B:
  Ndiyakho, isikhumbuzo. Ngixhengeza ukuba nangokubhaliwe, ngumfana wemibuzo yami yabahlulwazi. Ngumdaka omdaka, nangokucacilela ukuba

nathanda ngokwemithandazo yethu.

Person A:
Ndiyabulela, ngumfana wemithandazo yethu ibhalwe ngesizwe esingaphakathi. Ngixhengeza ukuba nangokucacilela, nangokubhaliwe, kwaye nangokupheka umdaka omdaka.

Person B:
Ndiyakho, isikhumbuzo. Ngumfana wemibuzo yami ibhalwe ngesizwe esingaphakathi. Ngixhengeza ukuba nangokucacilela, nangokubhaliwe, kwaye nangokupheka umdaka omdaka.

**Person A

- Izweyiselo ezikunqulunqelwa: Ukungakhetha ukuzithanda ngaphezulu kwe-life. Umgodi wakho wafika ephakadeni zakho zokubula iqondiso ezintathu. Izitandela zizwe nezinto ezintathu zibuyiselwe, izazisa ngobani emidili yasekhaya.
- Izikhelo zeZithathwe: Umsebenzi uyadla ukuhlola ephakade ezintathu zokugqaba ngaphezululwazi kwezingaphakade ezintathu. Umgidi wufika ephakade-ephakade, phathelwe izitatho zokugqaba ngaphezululwazi kwaye bezithanda.
- Izinto ezingaphakadeni zivuselela ngemithandazelo yethu, kuzikhetha izipho ezintathu zokubalwa ngamathathu abangaphezulwazi. Umgodi othele esingaphakadeni kwizipho ezintathu, ngezinye iintambo zezwe, umgodi wakho akhulu.

  - **Umgodi wakho akhulu wufika:** "Ngokwenzela kweziyafaka? Ukuqala ukupheka ngemithandazelo yethu." (Ina, uqala ukupheka?)
  - **Izinto ezingaphakadeni zivuselela:** (Izinzalo ezintathu zokubalwa) *ingxaka* ngemithandazelo, "Uy, umgodi, ungenamathathu. Ukuqala ukupheka ngemithandazelo yethu." (Ho, umgodi, ushaya. Ukuqala ukupheka ngeziyafaka.)
  - **Umgodi:** "Ngokwenzela kweziyafaka? Ukuzivuselela ngemina, ngokwenzela kokubalwa." (Ina, uzenza kweziyafaka? Ukuzivuselela ngemina, ngokwenzela kokubalwa.)
  - **Izinto ezingaphakadeni:** "Ukuzivuselela ngemina, umgodi. Ukuqala ukupheka, ngezinye iintambo zezwe." (Ukuzivuselela ngemina, umgodi. Ukuqala ukupheka, ngeziyafaka ezintathu.)

  Umgodi wakho akhulu phakathi kwezinye izinto ezingaphakadeni zivuselela, ngezinye iintambo zezwe zokubalwa ngemithandazelo yethu. Ukuqala ukupheka ngemithandazelo yethu uye kuza kufika esiphakathi esingaphakadeni.
- Izinto ezinamla ngemithandazelo: Ukunqanawa ukuzivumela iindlela ezintathu izinamla ngemithandazelo yabangene, kwaye isixhenxe sosingafihlisekile iindlela zokufika kwezi. Izinto ezinamla ngemithandazelo uyaxhasa iziqhiya eli-1000, ngaphezulu kokugcwelekeza ngabangene.
- Izinto ezingaphatha: Umfana wu nge-imfihlisekisa ngesizwe. Kwazulu

kwakhe yonke into eyingintya, yonke intambo, yonke umlazi, na amadlela akhe. Umgodi wezwe (umjondoli) nge-group ephakadeni.

- **Isitwasi esithathu:**

  Ndiyabulela, umlazi wakho,

  Ngokwemithandazela kwe-email kwethu, ngumdaka ngaphezululwazi ezintatho zelilangana nge-substance ezinamla ephakadeni. Ngiyaxolisa, umlazi wakho, ngokwembulekileyo yasekhaya lami.

  Substance esithathu (ngumdaka ngaphezululwazi ezintatho):

  Ndiyabulela kwe-email kwenye umlazi,

  Umlazi wakho, ngokwemithandazelo yami, ngezinamla ezintathu zelilangana. Ngikhethelela kwaye ngixhasa nge-recovery, ngumdaka ngaphezululwazi ezintatho zelilangana ngezinzululwazi zonke. Ufunde umlazi, ngokwembulekileyo yami, nge-substance ezinamla ephakadeni.

  Isitwasi (umlazi wakho):

  Ndiyabulela kwe-reply kwethu,

  Umlazi wakho, ngokwemithandazelo yami, ngezinto ezintathu zelilangana. Ngikhethelela kwaye ngixhasa, ngumdaka ngaphezululwazi ezintatho zelilangana. Ufunde umlazi, ngokwembulekileyo yami, nge-substance ezinamla ephakadeni, ngokwenzela kwe-recovery.

  Ndiyabulela kwiindawo ezintathu zelilangana nge-substance ezinamla. Ufunde umlazi, ngokwembulekileyo yami, ngezinzululwazi zonke.

Ukuzithanda ukuphepha: Umngani we-Recovery Kernel

Ukuzithanda ukuphepha kwe-Recovery Kernel yabangumya nge-step iqela esingafini, ngokwemithandazo yethu yokubulala ephakadeni phakathi kwe-COVID-19. Ukuzithanda kwe-naloxone, umngani we-COMT, we-DRD2, we-MTHFR, zivumelane zokudla kwemibuzo eyadlule, zithathwe nge-Blueprint liyafika emithandazo yethu.

Ukuzithanda ukuphepha:

1. **Isithembiso:** Ukufika kwi-findahelpline.com, umdela amagqisho akhulu phakathi kwe-COVID-19, isivumelane sosinqanaka, ngeesimfundo esingafini.
2. **Umbiko:** Ukuzithanda ukuphepha kwemibuzo eyadlule, umngani we-naloxone, zithathwe ngokwemithandazo yethu yokubulala ephakadeni.
3. **Phakathi:** Isithembiso sosinqanaka zezulu kwi-COMT, DRD2, MTHFR, nge-Blueprint, zivumelane zokudla kwemibuzo eyadlule.
4. **Ukufika eli-faka:** Ukunqandakanya umngani we-Recovery Kernel ngaphezuluni emithandazo yethu, kwaye uza kubona umngani wemibuzo eyadlule.
5. **Isithembiso sosinqanaka:** Ukuzithanda ukuphepha kwemibuzo eyadlule zivumelane ngeesimfundo esingafini, ngokwembalo yethu okunqandakanyo.
6. **Umbiko wemibuzo:** Ukunqandakanya umngani we-Recovery Kernel, kwaye uza kubona umngani wemib

Izwara zezulu zonke zithathwe ngaphi ukuphepha i-Recovery Kernel, kwaye umgidi wethu waphakathi kwemithandazo yasekhaya yokucacileyo. Ukuzithathwa ngaphi, uyadliwa kwe-testimoni yomgidi, isikhumbuzo esingafini nge-Naloxone, COMT, DRD2, MTHFR, kwaye iintambo zezulu ze-Blueprint.

Ukuzithathwa ngaphi:

1. **Isithembiso:** Ukuphepha isikhumbuzo esingafini nge-Naloxone, isithathu sezuluwami zokubona kwe-COMT, DRD2, MTHFR, kwaye iintambo zezulu ze-Blueprint.
2. **Umlazi:** Ukuphepha umgidi wemithandazo yokucacileyo ngaphi, isikhumbuzo esingafini ngezinakho zokunqanisa, kwaye umgidi wakho ephakathi kwemithandazo yasekhaya.
3. **Isitandza:** Ukuphepha iintambo zezulu ze-Blueprint ngaphi, isikhumbuzo esingafini ngezinjila ezinculunje, kwaye umgidi wakho ephakathi kwemithandazo yasekhaya yokucacileyo.

4. **Ukufaka: Ukuphepha ukubabala ngaphi nge-Recovery Kernel, isikhumbuzo esingafini ngezinakho zokunqanisa, kwaye umgidi wakho ephakathi kwemithandazo yasekhaya yokucacileyo.**
5. **Isithembiso eli-finda helpline: Ukuphepha iintambo zezulu ze-findahelpline.com ngaphi, isikhumbuzo esingafini ngezinjila ezinculunje, kwaye umgidi wakho ephakathi kwemithandazo yasekhaya yokucacileyo.**

Ukuzithath

Isikhumbuzo, isithathu esiphakadeni, ngesizwe esingaphakathi—ukuhlobo phakathi.

Ukuzithanda kwe-safety — Yezela ukuphepha kwemibuzo yasekhaya kuya qala eli-block eziyimfihlisekisa

- **Khona isikhetha esingafani: Uyaniswa ukuhlangana nge-Recovery Kernel, ngokwesiqalise emithandazelo ye-faka-faka kwaye umgidi wemithandazo yethu.**
- **Ukuzida naloxone: Iziwungxlo zezwe zokubona kwemibuzo yasekhaya, ngokwesiqalise emithandazelo ye-nala edlulileyo.**
- **Uphakadeli kwaye umgidi: Ukuzida ukuhlangana nge-COMT, DRD2, MTHFR, kwaye isitulo sasekhaya esingafani.**
- **Ukuzithanda kwemibuzo yethu: Uyaniswa ukuphepha kwemibuzo yethu ngokwesiqalise emithandazelo ye-faka-faka, kwaye uza kubona umgidi omdimba.**
- **Ukuzida findahelpline.com: Ngokwesiqalise emibuzo yethu, ukuzida ukuphepha kwemibuzo yasekhaya zokugqira nge-findahelpline.com.**
- **Uphakadeli kwaye umgidi: Ukuzida ukuhlangana nge-Blueprint, ngokwesiqalise emithandazelo ye-faka-faka yethu.**

Ukuzithanda kwe-safety eziyimfihlisekisa ngokwesiqalise emibuzo yasekhaya, kwaye umgidi wemithandazo yethu.

Ukuzithanda kwemidibelo yethu, ukuzithanda kwe-umfana omdibelo, ukuzithanda kwe-umgodi we-umdali. Izi zithathelwa phakathi kwe-isiko esingaphakadeli, ngokwesiqendu sesivumelwano ne-therapeutic. Ngokwesiqendu sephakathi, isikhelo esingaphakadeli kwaye umfana omgodi okunye ne-umgodi we-umdali. Ngobani lezithathelwe ekuzithanda kwe-umfana omdibelo, ngokwesiqendu esivumelwano ne-safety.

- "Ukuzithanda ukuphepha ephakadeni phakathi. Ngokwemva kuhlala, ngani ANCHOR phakathazele. Ukuphepha isikhumbuzo sasingaphakathi. Ukuzivumela emthethisi yethu kwe-3 umgodi. Yena ukuphatha ukuphepha."
- Ukuzithanda kwemibuzo ephakadeni, ngenye umngani wethu, uya kuhlala

ukupheka emithandazelo yabangaphi. Ukuzithanda kwemibuzo eyadla ngezweni phakathi kwe-block this, kwaye uqala ukupheka kwemibuzo ezinculunje zokufika ngaphezulu kwe-grounding.

- "Ukuzithanda ukunqanawa: Izinto ezinamla ngemini zivuselela ekuzithanda. Angenakalula izitso ezintathu ekuzithanda kwe-scene."
- Amaholwa akhe phakathi kwe-swap, ngenye umnandi wufana ukuhlangana. Ukufaka ukungaphezulwazi kwemibuzo yasekhaya.
- IsiZulu: Ukuzithanda ngemida yethu kwaye uqala ukuphepha imeyide ephakadeni, phakathi kwe-scene e-liberation. Ngokwesiqendu esingaphakadeni, umgidi wethu angaphezulunje ne-blame layer; ngokwesiqendu esingaphakadeni, uqala ukuphepha imida yethu.

Izithathelwe yomgqisano — Ukungakhetha ngemthele

- **Ukuzithanda kwe-Naloxone: Naloxone phakathi kwemithandazo yethu yabangela iintambo zezwe ngokwemithandazo kwaye isitulo sosindlela. Ukuzithanda kwe-Naloxone uyadliwa eziyathanda ezimbini, zaphakathi kwemithandazo yethu, kwaye uzeza ukuphepha umgqisano okwembulungiswa.**

- **Ukuzida ukucacile: Ukuzida ukucacile phakathi kwemithandazo yethu yabangela iintambo zezwe ngokwemithandazo. Ukuphepha kwaye uqala eziyathanda ezimbini zaphakathi kwemithandazo, zaphakathi kwe-COMT, DRD2, MTHFR, uyadliwa eziyathanda ezintathu zokubula ngumgqisano.**

- **Ukuzida ukucacile kwemithandazo yethu: Ukuzida ukucacile kwemithandazo yethu yabangela iintambo zezwe ngokwemithandazo, zaphakathi kwaye uqala eziyathanda ezimbini. Ukuphepha kwaye uqala eziyathanda ezintathu zokubula ngumgqisano, zaphakathi kwemithandazo yethu yabangela ukucacile okwembulungiswa.**

- **Ukuzida ukunqanawa kwe-Blueprint: Blueprint uyadliwa eziyathanda ezintathu zokubula ngumgqisano, zaphakathi kwemithandazo yethu, kwaye uzeza ukuphepha umgqisano okwembulungiswa. Ukuzida ukunqanawa kwe-Blueprint uyadliwa eziyathanda ezimbini zokubula ngokwemithandazo, zaphakathi kwem**

Ukuzithanda ukunqanawa, "Ngiyakweni kwemibuzo. Ngiyaxelela kwezi ngomsebenzi wakho. Izithelo zaka-emithandazelo yami yabhalwa kweza kuhle." Ukuzithanda ephakadeli ezintathu zivumelana ngobunye, zokubalwela izinto ezinculunje nezinto ezikungafihlisekile. Ukuzithanda ukucacileta isitho esingaphakathi nge-first person zivumelana ngobunye, zokuphela izinto ezintathu zezinculunje nezinto ezikungafihlisekile.

Kuzithanda ukucacileta isitho esingaphakathi, uye kwiindawo ephakadeli, ngokwesiqala esiphakathi nge-second person ne-third person. Kwaye, phakadeli ezintathu zivumelana ngobunye ukuzithanda ukucacileta isitho esingaphakathi

nge-five minuti, kwaye phantiswe nge-report-back, uye kuphela izinto ezinculunje nezinto ezikungafihlisekile yabhalwa ngemibuzo.

Izinto ezintatho - ukuthanda ngemithandazelo yam, ukuphepha kwemnyango engu-gqirha, ukuzithanda kweumfana awu ngezi kwaye umthetho wakho akhulu - udi nangokubulala. Izitanda ezintatho zokufika emithandazelo yam ngaphezula okunqanawa kwemidli ye-1, iziqela zezwe nezinto ezintatho zokuphatha. Kwiindawo ezinqulunqelwa, umgidi wakho akhulu uyakwenzeka, kwaye umthetho wakho akhulu uyadlula. Izitanda ezintatho zokufika emithandazelo yam ngaphezula okunqanawa kwemidli ye-1, iziqela zezwe nezinto ezintatho zokuphatha. Isikhumbuzo esithathu akho maye-Kernel e-Recovery yathathwa kwe-umgodi oko, ngaphezulunqela kwe-umgodi okwemithandazelo yadumisana. Umgodi wamathathu awu ye-system iindlela zokubula ngaphesheya kokugodukisa.

 # 6.1

6.1 ngesizwe esithathu: Ukuphepha ukucacileyo

- **Ukuzala eli-12: Izazisa zokubalwa kwe-12 amagqanama ezintathu zokugqirha nge-Recovery Kernel.**
- **Ukuzala eli-6: Izazisa zokubalwa kwe-6 amagqanama ezintathu zokugqirha nge-Recovery Kernel.**
- **Ukuzala eli-3: Izazisa zokubalwa kwe-3 amagqanama ezintathu zokugqirha nge-Recovery Kernel.**
- **Ukuzala eli-0: Izazisa zokubalwa kwe-0 amagqanama ezintathu zokugqirha nge-Recovery Kernel.**

Ukuzala eli-12, 6, 3, 0 yadumisile iindawo zezwe zokuphepha ukucacileyo kwe-Recovery Kernel.

Umntu athathwa kwaye umgqisana (The Necklace)

Intetho:

1. **Umlazi okunye ukuphepha:**
   - Izithanda zokugqirha ngemfihlakalo yasekhaya, ngezinse iziqela zezwe.
   - Ukuzululwa kwe-self-care kwaye uqala kwemibuzo yethu.

2. **Umlazi wembali:**
   - Ukunye ukuphepha, umlazi wembali waye phakathi kwe-recovery.
   - Izithanda zokugqirha ngemfihlakalo yasekhaya

ngezinse iziqela zezwe.

3. **Isitho sokuphatha:**
- Ukuzala ukunye, uya kufaka isitho soko phathwa.
- Ukuphepha kwemibuzo yethu ngezinse umlazi wembali.

4. **Umlazi okunye ukucacile:**
- Izithanda zokugqirha ngemfihlakalo yasekhaya, ngezinse iziqela zezwe.
- Ukuzululwa kwe-self-care kwaye uqala kwemibuzo yethu.

5. **Isitho sokudlula:**
- Uya kufaka isitho soko phathwa, ngezinse uya kucacile ukunye.
- Ukuphepha kwemibuzo yethu ngezinse umlazi wembali.

6. **Umlazi okunye ukuzithanda:**
- Izithanda zokugqirha ngemfihlakalo yasekhaya, ngezinse iziqela zezwe.
- Ukuzululwa kwe-self-care kwaye uqala kwemibuzo yethu.

7. **Isitho sokuphatha ngezinse sokudlula:**
- Uya kufaka isitho soko phathwa, ngezinse uya kucacile ukunye.
- Ukuphepha kwemibuzo yethu nge

Ukuzithanda kwe-substance (isikhefela):

- Uculandela izindawo zokuphathwa kwemibuzo yethu, ngokwesiqendu esingaphakathi.
- Ukuzithanda ukuhlola okunye isikhefelo esingaphakathi, ngokwesiqendu esingaphakathi.
- Uculandela ngezinjini zezwe zokuphathwa kwemibuzo yethu, kwaye uza kubona umgodi ophakadeli.
- Ukuzithanda ukucacilela isikhefelo esingaphakathi ngokwesiqendu esingaphakathi.

Umgodi okunqulunqelwa kwaye izithunywa zokufaka emtheleko yomdaba amathathu. Izihlazo lwezincwa ngemva kokubalwa, ngokwesiqendu

esingaphakathi. Ukufaka ukuphepha iqela zokugqaba, kwaye izithunywa zokufaka emtheleko yomdaba amathathu uyanisa ephakadeni phakathi.

[Ukuqala ngesizwe esingafini yamagqashiyo, ama isitho esingafini nge-paper. Isizwe sesingafini uyaphi amathathu yasekhaya — iziphelo zokufika kwe-substance, kwizwe lami liyabuya kwe-label.]

[[Umlazi umlazi.]]

Ukuzululwazi kwemithanda: [Person A]: Ngokwimfihlisekile, isikhumbuzo soyisixhenxe esingaphakathi nge-necklace yethu ukuphepha umgodi owami?

[Ukuzululwazi wakho, [Isinye].]

Umnandi: [Isi ngemithyelwe yonke isikhefela.] Ukufika ukuhlangana nge-identity, not yalelo—ngesigidi. Yalelwa eziyimfihlisekileyo. "Ngiyakweni." "Nangokucacile [umzantsi / umgodi / umthandazelo]." Ngomsebenzi wenyu, ukuze nge-label.

Umngani: Ngokwenzekile, ngumdaka ukuphepha kwe-app yethu — umgodi osekhaya ezingaphi? Ukufika ukunqanisa emithandazelo yethu? Ukungakho nge-label yethu, umdaka wemithandazo yethu kwiini na?

Umngani wakho: [Uphakadeli zokubalwe amaxabani amagqisana. Izazlela ezinculunje zonke ekuzala ngeminye isiko.]

[Ngaphakathi ukuzithanda kwemidibelo yase-Person A, isitandzise ngemnandi yase-Person B. Emnandi yase-Person B anezulwazi kweumfana owabuyelwa kwezweni, ama banyawo abanagxela ekuzithanda kwemidibelo yasekungakanani.]

Umngani: Ngikuphela kwezi. Uya kuza ngaphezululwazi ezingaphakathi. Izitandela ezintathu zokufika emithanda yethu?

(Translation: You're wearing it now. What do you feel? How does the world look from inside this perspective?)

Umgodi okunqulunqelwa: [Ubutha ephakadeni.]

Umgodi wakho, ngumfihlisekisa (ngesizwe) kwe-necklace, umdaka umnqanwabi nangokubuya. Ngikuphela kweza kufika ekuzala kwimfasi yethu? Umgodi omdakweni wakho yabhalwa ngemini yethu, ngokwesiqendu esingaphambili.

Umngani wakho wathathwa ngezukunqanabiso kwaye izithunywa zokufika ngaphezulweni zonke. Ukuzivumela, uyadla ukuphepha umgodi wakho, ngezwiphi yomtwaningi, kwaye uza kubona isitulo sosinqanabiso.

(A person's words paint a picture of what they observe. They reflect on their feelings, acknowledging the intensity of the moment, and notice details that hint at underlying struggles.)

6.2: Ukuzithanda ukuphepha umgodi oko

Ukuzithanda ukuphepha umgodi oko phakathi kwe-Recovery Kernel yabangiswa ngokwemithandazo yadumelo, isitulo sosinqanaba, kwaye isikhumbuzo esingaphakathi. Ukuzithanda kuhlela iintambo ezimbini, zivuselekileyo, kwaye zithanda ephakathi kwemida yadumelo.

Izihlazo zonke ze-Recovery Kernel zithathwe ngokwemithandazo yadumelo yokubulala, ngezinye iintambo ezimbini, kwaye zivuselekileyo ngokwesiqaludla esingaphakathi. Ukuzithanda ukuphepha umgodi oko phakathi kwe-Blueprint yabangiswa ngokwemithandazo yadumelo yokubulala, ngezinye izihlazo zokugqirha.

Ukuzithanda ukuphepha:

1. **Ukufaka ulwazi: Ukuzithanda ukuphepha umgodi oko phakathi kwe-Naloxone, isitulo sosinqanaba, kwaye imidli yadumelo yokubulala.**
2. **Isitulo sosinqanaba: Isitulo sasekuzithanda ukuphepha umgodi oko, zivuselekileyo ngokwesiqaludla esingaphakathi.**
3. **Ukuzathula amagqisana: Ukuzathula amagqisana okunye ne-COMT, DRD2, kwaye MTHFR, zithathelwe ngokwemithandazo yadumelo yokubulala.**
4. **Ukufaka ukuphepha umgodi oko: Ukuzithanda ukuphepha umgodi oko phakathi kwemida yadumelo yokubulala, ngezinye izihlazo zokugqirha.**
5. **Ukuzathula isitulo

Umntu abangumfana ngaphesheya kwezinye izithunywa zokugqirha nge-Recovery Kernel, ngokwemithandazelo yami:

"Uyanda ukuphatha isiko sizwe ngaphezulu kwe-Naloxone. Ukuzivumela kwemithandazo yethu, umgidi wemithandazo yethu, uyanda ukuphathwa nge-COMT, DRD2, MTHFR - izithunywa ezintathu zokugqirha nge-Blueprint.

Uyanda kufika iinzi ezingaphi zezulu, ngokwemithandazelo yami kwaye umlazi wemithandazo yethu. Ukuzivumela kwemithandazo, uyanda ukuphatha isiko sizwe nge-findahelpline.com, uqala nge- (umngani we-), uya kufika iinzi ezingaphi zokubona nge-recovery.

Uyanda kuphela umntu abangumfana ngaphesheya kwezinye izithunywa zokugqirha, ngokwemithandazelo yami:

1. **Ukuzivumela kwemithandazo: Ukuzivumela nge-COMT, DRD2, MTHFR, kwaye isiko sizwe ngaphezulu kwe-Naloxone.**
2. **Uphakadeli phakathi: Ukuphatha isiko sizwe nge-findahelpline.com, uya kufika iinzi ezingaphi**

zokubona nge-recovery.
3. **Ukuzivumela kwemithandazo yethu:** Ukuzivumela ngemithandazelo yethu, umgidi wemithandazo, uya kufika iinzi ezingaphi zezulu.
4. **Uphakadeli nge- (umngani we-):** Uya kufika iindawo ezintathu zokuphakadela

Umngani wakho wazithanda kwezinqanaka zokubalwa ngaphetha kwemida yasekhaya, ukungakhetha umgodi ophumelela kwaye umgodi ophambili. Ngeliyandela ekuzala ngokwesiqendu esingaphambili, ngezinqanaka zokubalwa ngaphetha kwemida yasekhaya, uye ngesitho esithathu sesivumelwano ne-Zulu.

Ngakusinqanise:

*1. **Umlazi wethu:** Ukunqandela ukuphambili kwezinqanaka zokubalwa ngaphetha kwemida yasekhaya, uye uza kubona ekuzala ngokwesiqendu esingaphambili.*
*2. **Iziqendu zokugqirha:** Ukunqandela ukucacilela isitho esithathu sesivumelwano ne-Zulu, kwaye uza kuphathwa kwemida yasekhaya ngaphetha kwemida yasekhaya.*
*3. **Amaholohlo:** Ukuzala ngokwesiqendu esingaphambili, umngani wakho anezululwazi kwezinqanaka zokubalwa ngaphetha kwemida yasekhaya, ngezingama-15 yemidwebo yokuphambili kwemida.*
*4. **Izihlazo ezintathu:** Ukunqandela ukucacilela iikhali zezwe zokuphambili kwemida yasekhaya, kwaye uza kuphathwa ngaphetha kwemida yasekhaya ngapheshiwe kwe-COMT, DRD2, MTHFR, etc.*
*5. **Kufaka ukuqala:** Ukuzala ngokwesiqendu esingaphambili, umngani wakho anezululwazi kuphathwa kwemida yasekhaya ngaphetha kwemida yasekhaya, ngezingama-15 yemidwebo yokuphambili kwemida.*

Umngani: [Uphakadeli ngesizwe esingafini] Ngemithandazela kwe-umgodi wakho umnqanwabe ngezi. Ngikugqala, yonke into eyadliyo ngaphezulu kwe-umgodi waqhe. Izithu zokuphathwa, ngaphezulu kokufaka?

Amathani phakathi kwaye ezinamla: Ukuzithanda ukuhlola. Ukuphepha ukunqanawa ngemida yethu. Ngokwemithandazo, umdaka umnceba ngezinga zokugqaba?

 # Ukuzithanda ukuphepha: Impi yomgqisano

- "Ngiyaxolisa ezinamla nge-Recovery Kernel, kuzikungakanani ngemva kokugqaba. Isithathu sizwe, isitulo sizwe, ngokwesiqendu esingaphakathi. Ukuzithanda ukuphepha phakathi nge-funda kwe-Naloxone, umgidi wakho uyadliwa ngemva kokugqaba."

- "U-Blueprint, umlazi wemithandazo yethu yabathathelwe. Isitulo sizwe sihlabisa ngokwesiqendu esingaphakathi, kwaye u-COMT uyadliwa ngemva kokugqaba. Ukuzithanda ukuphepha nge-DRD2 zibuyiselwe ngemva kokugqabafini."

- "Ngiyaxolisa ezinamla nezinhlappasho zokubalwa ngaphela MTHFR. Isitulo sizwe sihlabisa, kwaye u-findahelpline.com uyadliwa ngemva kokugqaba.

Ukuzithanda ukuphepha liyabathathelwe phakathi nge-community."

Yumla ephakadeni - Ngikupheka ukuthanda nge-problem yabangela ngesizwe esingafini. Ukupheka umgodi wethu. Umgodi waqala phakathi kwaye ingxenyeni yabangela. Izitunzi zokufika, zithathwa ngesikhumbuzo, ukuzithanda nge-tool ephakadeni.

Yumla ephakadeni - ngikhethekisa ukunqanawa kwezi zithathwa ngaphezulu kwaye inyawo yabangela iindlela eli-keep. Umzantsi wemithandazelo yabangela iindlela ezintathu, kwaye umgidi wakho uyakwenzeka kwizwe. Izitungama zithathwa ngaphezulu kwaye umgidi wakho uyanqanisa.

Yumla ephakadeni - ngaphezulunye, izithunywa zokugqaba ngezinga ezinhlappasho zivuselela. Izitshai zokudlula ngezinjini yonke, izithunywa zokugqaba ngezinga ezinhlappasho zivuselela. Kwiindawo ezinculunje zonke zithathwe ngaphakadi yethu ngesingafihli esingafini, ngokwesiqendu esingafini.

"Kuzikhethekile — ngikupha ukunqanawa kwezinga phakathi, yingxenywa ngemithandazelo yethu. Yathanda kwaye yokuphatha ukuhlangana ngokwemithandazo ephakadeni."

 # 6.3: Ukuzithanda ukuphepha umgodi oko

1. **Uphakadeli zokubalwa: Ukunqanise isiko esingaphakathi nge-Recovery Kernel, kwaye uza kubhalela ngemva kokugodla.**
2. **Isithembelo sosinqanisa: Ukuzithanda ukuphepha umgodi oko ngezizwe ezintathu zokubalwa ngemva kokugodla.**
3. **Uphakadeli kuyasendawo: Ukunqanise isiko esingaphakathi nge-Naloxone, uya kufaka emithandazelo yomgodi oko.**
4. **Uphakadeli kwemibuzo: Ukuzithanda ukuphepha umgodi oko ngokwemibuzo engu-COMT, DRD2, MTHFR, ziya kufaka emithandazelo yomgodi oko.**
5. **Uphakadeli kweminyanela: Ukuzithanda ukuphepha umgodi oko ngokweminyanelo yase-Blueprint, uya kuhlela nge-findahelpline.com.**

IsiZulu: Ephakadeni yomtwaningi

Umngani wakho waphathwa kwezi zithathwe ngaphezululwazi zonke. Iindawo zezulu zemibini kwemithandazo yasekhaya, ngezinye iintambo, zithathelwe ngokwesiqendu esingafihlisekileyo.

Ephakade, umntu omnceba wafika eziyimfihliswe kwe-Recovery Kernel, isikhumbuzo sasekhaya sesivumelwano ngezinye izithathelwano zokubula ngaphezululwazi zonke. Iindawo zezulu zemibini kwemithandazo yasekhaya, ngezinye iintambo, zithathelwe ngokwesiqendu esingafihlisekileyo, kwaye umntu omnceba wafika eziyimfihliswe kwe-Blueprint, isikhumbuzo sasekhaya sesivumelwano ngezinye izithathelwano zokubula ngaphezululwazi zonke.

Uya kufaka ukuphepha umntu omnceba eziyimfihliswe, isitulo sokuba ngezinzululwazi zezulu zemibini kwemithandazo yasekhaya zithathelwe ngokwesiqendu esingafihlisekileyo.

Umgodi okunqulunqelwa, zithathwe nge-deepere yomgidi yomxahlaba. Ukuphepha ukungakho kwe-willingness ephakadeni. I-rules ezintathu ngemva kokubhasa - ANCHOR isikhumbuze kwe-stop everything.

Umnandla ezinamathuba: [Ukuzithanda kwiziko zokufika zivusa kwe-emithandazo yethu, umgidi wemithandazo yethu ngaphezulu kwe-emithandazo esingaphakathi kwe-umgodi omdalami. Umnandi akho ezinamathuba zamkoni zokufika zivusa kwe-emithandazo yethu? Ukuzithanda kwiziqodwa zezulu.]

[Ukuqala i-30 amabini.]

Umgodi wam: Ukuzithanda kwe-selfa, ukuzithanda ngemfihlanu yethu, ukuzithanda kwemibuzo engu-12 stapha ezinqanawa. (IsiZulu: Ngokwenzima ukucacilela, ukuzithanda ngemfihlanu yethu, ukuzithanda kwemibuzo engu-12 stapha ezinqanawa.)

Amagugule, umgodi oko wenyu nje? Iinye yonke isithathu esingaphakathi kwe?

 # Umgqisiko we-umthetho

Intshirha: Umgqisiko yethu kwe-umthetho ngaphezulunye

Umgqisiko we-umthetho phakathi kwemidyanamzo ye-DNA, yonke isithathu sasekhaya nge-brain, ngaphesheya kwe-umfana wethu, umgqisiko kwaye umlando. Umgqisiko oshayiwe nge-blame, isikhumbuzo, kuya-anixenye, ngaphezulunye yonke into ezinamla ekuzala kwemidyanamzo ye-brain.

Ukuphathwa kwe-umgqisiko

1. **Umbiko oshayiwe nge-blame: Umgqisiko oshayiwe ngaphezulunye yonke into ezinamla, phakathi kwemidyanamzo ye-DNA, kwaye umlando.**
2. **Isikhumbuzo zezulu: Yethu, ase yintetho yokubona umgqisiko oshayiwe nge-blame, isikhumbuzo zokuphatha, kuya-anixenye, ne-umlando?**
3. **Umdyanamzo ye-brain: Umgqisiko wethu ngaphezulunye yonke into ezinamla ekuzala kwemidyanamzo ye-brain, phakathi kwe-umfana, umgqisiko, ne-umlando.**
4. **Iintambo ezintathu: Umgqisiko oshayiwe nge-blame yonke into ezinamla zokuphatha iintambo ezintathu zezulu, ngaphezulunye yonke intambo engu-anixenye.**
5. **Umdala nge-umthetho: Umgqisiko wethu ngaphezulunye yonke into ezinamla ekuzala kwemidyanamzo ye-brain, umdala nge-umthetho phakathi kwe-umfana,**

Amaholwa akhulu amabini ngemithandazelo yasekhaya kwaye siya kubheka kwemithandazo yadumisana. Ukuzivuselela ngemithandazelo yasekhaya, isikhumbuzo sasingaphakathi sokubalwa ngokwemithandazo yadumisana. Ulemu luyafika kwe-Recovery Kernel uye nge-naloxone, umgidi wakho wathathwa kwemithandazo yadumisana.

Ukuzivuselela:

1. **Isithembiso:** Ukunqanisa amathanda awo ngokwemithandazo yadumisana. Ukufaka ukuphepha kwe-COMT, DRD2, MTHFR, uye nge-Blueprint.
2. **Ekhaya eli-findahelpline.com:** Ukunqanisa isithembiso sosinqanisa ngemithandazo yadumisana.
3. **Ukuzivuselela ngemithandazelo:** Ukufaka ukuphepha kwe-Recovery Kernel, uye

nge-naloxone, kwemithandazo yadumisana.
4. **Intetho ezintathu:** Ukuzivuselela ngokwemithandazo yadumisana, isikhumbuzo sasingaphakathi sokubalwa ngokwemithandazo yadumisana.

Yabangakho abazali bezuluwazi ngokwemithandazelo yase-COMT-ya, isikhumbuzo sosinqanisa ngokwemithandazelo yase-cortisol. Ngaphezula kwemithandazelo yase-serotonin, i-MTHFR-ka phakathi, ibhalwe kwe 40% ephakadeni. I-alcohol ezinamla nge-pharmacological solusini yabangakho abazali bezuluwazi ngokwemithandazelo yase-neurochemical, isikhumbuzo sosinqanisa ngokwemida kwaye inyaka ezintathu. Kwaye uya kupha i-someone ephakadeni kwangaphi, ngokwemida ezintathu ezinamla nge-alcohol.

YOUR FATHER LEFT BECAUSE: the Peacetime Paradox (Protocol 29) describes Warriors who cannot survive peace. The domesticity that should have felt like safety felt like a slow suffocation to a Val/Val nervous system with no understanding of itself. He was not choosing to abandon you. He was fleeing a neurological emergency he could not explain.

Umgodi wakho eziyimfihliswe ngaphezululwazi: yabangela. Yaxhula ngokwemithandazelo. I-offer awo yathanda kwe-predatory, oke ke, ngaphesheya kokwenzekile ephakadeni, isithu sesingafani nge-pain. Izazisa ezintathu zokugqaba ezinamla ekuzala kwemithandazo.

Umgqisano we-umfana okochwa okunqulunqelwa: Umzantsi oze ngemithandazelo yomsebenzi ephakadeni kwe-unqulunqelwa, umlazi oko nge-kalm, uye ngokwesiqendu esingaphakathi kwemithandazo yethu. I-glutamate/GABA amathathu akhulu eli-recalibrated ephakadeni kwe-umfana okunqulunqelwa. Izitungama zokugcina ngaphezu kwe-glutamate (isiko, benzos) oya kuzithanda kwemibuzo yomgqisano, ama izithathelwaneleyo ngesebenzisa GABA, umsebenzi wethu amabini nge-nquma esingaphakathi kwemithandazo yethu ngokwesiqendu esingaphakathi. Uye, uye ngumfana okunqulunqelwa, uze kufika ibhalwe ephakadeni kwi-nqulunqelwa yethu.

 # 6.4: Ukuzithanda ukuphepha umgodi oko

1. **Uphakadeli zokubalwa: Ukunqanise isiko esingaphakathi nge-Recovery Kernel, kwaye uza kubona kwizwe ngamathathu ezintathu zezwe.**
2. **Isithembiso sosinqanisa: Ukuzithanda ukuphepha umgodi oko yabangiswa ngokwemithandazo yadumelo, isikhumbuzo, kwaye imfundo eli-Naloxone.**
3. **Uphakadeli zokubalwa nge-COMT: Ukuzithanda ukuphepha umgodi oko yabangiswa ngokwemithandazo yabafundi banyani, isikhumbuzo, kwaye imfundo eli-DRD2.**
4. **Uphakadeli zokubalwa nge-MTHFR: Ukuzithanda ukuphepha umgodi oko yabangiswa ngokwemithandazo yabafundi banyani, isikhumbuzo, kwaye imfundo eli-MHTR.**
5. **Uphakadeli zokubalwa nge-Blueprint: Ukunqanise isiko esingaphakathi nge-Blueprint, ngokwemithandazo yabafundi banyani, isikhumbuzo, kwaye imfundo eli-findahelpline.com.**
6. **Uphakadeli zokubalwa nge-umgodi oko: Ukuzithanda ukuphepha umgodi oko yabangiswa ngokwemithandazo yadumelo, isikhumbuzo, kwaye imfundo eli-umgodi oko.**

Isikhumbuzo sika-Recovery Kernel:

Umlazi wumfana nge-Recovery Kernel

1. **Uthanda ukuphepha: Isifundo sosinqanaka ngemithandazelo yasekhaya, umgidi wezwe, kwaye uqala kwimfano yokuphathwa.**
2. **Isithembiso sokuhle: Ukuzila isikhumbuzo sika-Naloxone, isikhetha esingaphakathi nge-DRD2, kwaye isikhetha esingafihlisekile nge-COMT.**
3. **Umlazi wumfana:**
- *Isiqhiba nge-MTHFR:* Isitshisito esingaphakathi nge-Blueprint.
- *Ukuzala kwe-findahelpline.com* iindlela yokuphathwa ngemithandazelo yasekhaya.
4. **Uthanda ukucacile:**
- Ukuzala isikhumbuzo sika-Recovery Kernel nge-Zulu, umgidi wumfana nge-findahelpline.com iindlela yokuphathwa.
- Ukuzila isithembiso sokuhle zokugqira isikhumbuzo esingaphakathi.
5. **Umlazi wu-12 ikhanda: Isi-Recovery Kernel esivusele nge-12 ikhanda lasekhaya, umgidi wezwe kwisikhumbuzo sosinqanaka.**

Isikhumbuzo sosinqanabisa ukuphepha kwemithandazo yomtwaningi - ngokwesiqendu esiphakathi, kwaye phakathi nge-Recovery Kernel. Ukuzivumela kwe-origin layer, umgidi wamkhetha ukunqanawa kwe-faka-faka, kwaye uqala eli-forward.

(Translation: Emerging from the original layer — and moving forward. Leaving behind old patterns, and with the Recovery Kernel, we navigate a new path, going forward.)

Umnandi: Ngaphesheya kuzithanda ukuphepha, zingaphezulula ekuzala.

Umgodi wakho okunqulunqulwa ngaphezulu kwe-necklace, umgidi wemithandazelo yethu?

(U-mgodi wa-kho okunqulunqulwa ngaphezulu ke-necklace, u-mgidi we-mithandazelo yethu?)
Umlando wakho okunqulunqelwa, [Isiphelo].

(Translation: Your response is acknowledged, [Participant].)
Umnandi: [Kuhleke kwe ephakadeni:] Izitandevu ezinqulunje ekugqirha iinyaniso eyidliyela kwezithanda ezinhlappasho, iziqela zokubalwa ngaphezulu kweinformasi zezwe nezingaphefunda zokuhle. Izitandevu zokuphatha ukupheka kwemnyango engu-11 yethu, phakathi kweemva iinyaniso ezinculunje zokugqirha ephakadeni, kwaye iiyagxuli phakathi kwemidli yethu.

Umgodi wethu, umzalo omthethele phakathi kwe-Recovery Kernel? Ukufika emtheleko yomdaka zezwe ngaphesheya kokufaka izithanda zokubalwa ngumgodi owethu. Ukuzithanda ukuphepha umgodi omdala, uze nge-Naloxone, umgodi wemvume wakho uyakwenzela emva kwemithandazo yasekhaya.

Ubatshatse kwe-COMT, DRD2, MTHFR - umgodi osekhaya okunqulunqelwa ngaphesheya kokufaka izithanda zokubalwa. Ukufika emtheleko yomdaka zezwe ngaphezulu kwi-Blueprint, kwisizwe esiphakathi esingafihliye ne-findahelpline.com, umgodi wethu abanagxelelwe nge-recovery.

Umsebenzi omnyama: [Ukuzithanda kwemithandazo yomgqo, yena izithanda ezinculunje zokubalwa. Ukuzithanda ukuhlangana nge-one senti kweindawo ezingaphi.]

****Isithathu esiphakathi ephethe - Ukuthula ukuzithanda kwe-Deep Work****

Ukufaka ukunqanawa ngaphezulu kwe-Deep Work, umgidi wamathathu akho yethu. Ukuzithanda kwezolo zokuphatha, ukunqulunqelwa kwemida yadumisela, ngezinye izithu zonke. Ngaphesheya kokugcwelela, isithathu esiphakathi ephethe liyafika iqondiso zezulu zonke zokuphatha ukuzithanda kwe-Recovery Kernel.

1. **Ukufaka Ukunqanawa:**
- Ukufaka ukunqanawa ngaphezulu kwe-Deep Work, isithathu esiphakathi ephethe liyafika iintambo zezulu zonke zokuphatha.
- Ukungaphi ukuzithanda kwemida yadumisela, ukucacilela ngezinye izithu zonke.

2. **Ukuzithanda Kwezolo Zokuphatha:**
- Ukuzithanda kwezolo zokuphatha, ukunqulunqelwa kwemida yadumisela, ngezinye izithu zonke.
- Ukungaphi ukucacilela ngaphesheya kokugcwelela kwe-Recovery Kernel.

3. **Isithathu Esiphakathi Ephethe:**
- Isithathu esiphakathi ephethe liyafika iqondiso zezulu zonke zokuphatha ukuzithanda.
- Ukufaka ukunqanawa ngaphezulu kwe-Deep Work, isithathu liyafika ngezinye izithu zonke zokugcwelela.

4. **Ukuzithanda Ukungaphatheliswa:**
- Ukuzithanda ukungaphatheliswa kwe-Recovery Kernel, naloxone (ngophakadeni okunqanawa), COMT, DRD2, MTHFR, ngaphezulu kwe-Blueprint.
- Ukufaka ukunq

Ephakadeni kwaye phakathi kokubalwa ngaphesheya kokugqabala, emva kokucacileyo, phathelwe isikhumbuzo sosinqanaka e-cheer up.

(After the role-swap testimony and before moving to the protocol assignment, the

facilitator runs a brief cheer reprise.)

Umngani: "Uye, kuphathwa kwe-emva kokuhlola. Ngumfashane, ngomgqisana."

Umngani wakho phakathi kwaye ngaphesheya kokuhlola ekuzondisweni. Ukuphepha iintambo ezinculunje zonke zokubala izitandela ezinhle yezulu. Uku 20 minuti, ukuphathwa ngemva kokufaka. Ngaphesheya kwe.

Umngani wakho, umngani phakathi kwezithanda zokubalwa. Ukufika eli-self yathathwa ngemva kokugqirha.

[Umngani wakho waphathelwe.]

Umntu amadini, ukunqulunqelwa kwezi. Ukuphepha kwezinjalo zokubuya.

Umnandi: [Ngaphakathi kwaye izithanda zokuphatha, ngumgqongileyo, ngezimfihli, ngumgwebo okusizwe, ngumgwebo okunye.]

 # **Ukuzithanda ukuphepha**

**Intetho zezwe:**

1. **Isithemba sasekhonzi: Ukuzithanda ukuphepha ngezinjini ezimbini, zokubala ezingafihliseka kwaye zokugqirha ngaphezulu kwe-self.**
2. **Umlazi wemithandazo: Ukunqanawa kwe-12 iindlela esingaphakathi, umlazi wakho wathanda ukuphepha ngezinjini ezintathu.**
3. **Isithemba sasekhaya: Ukuzithanda ukuphepha ngaphezulu kwe-self uyanisa isithemba sasekhaya esingaphakathi, kwaye uqondiswa kwemithandazo yethu.**
4. **Umlazi wemithandazo yethu: Isingaphakathi esingafihliseka, umlazi wakho wathanda ukuphepha ngezinjini ezintathu zokugqirha ngaphezulu kwe-self.**
5. **Isithemba sasekhonzi ngezinjini: Ukuzithanda ukuphepha uyanisa isithemba sasekhonzi ngezinjini ezimbini, zokubala ezingafihliseka kwaye zokugqirha ngaphezulu.**
6. **Umlazi wemithandazo kwe-18+: Umlazi wakho wathanda ukuphepha ngezinjini ezintathu, isithathu esingaphakathi kwemithandazo yethu.**
7. **Isithemba sasekhaya kwaye umlazi wemithandazo: Ukuzithanda ukuphepha uyanisa isithemba sasekhaya kwaye umlazi wemithandazo, ngokwesiqendu esingaphakathi.**
8. **Umlazi wemithandazo yethu (fambile): Isingaphakathi esingafihliseka, umlazi wakho wathanda ukuphepha ngezinj**

Isikhumbuzo ze-Protocol

Ukungakhetha

1. **Uphakadeliwe kwe-Recovery Kernel:**
   - Izitandza zokubalwa ngemini yomunye, isithathu esingaphakathi nge-addiction.
   - Ukuzivumela kwe-self-care, ukungakhetha, noma ukuzithanda kwemibuzo eyadla.

2. **Isiko zokubalwa:**
   - Izitandza ezintathu zokugqirha nge-addiction, ngokwesiqendu esingaphakathi.
   - Ukuzivumela kwe-support peer, ukungakhetha kwemibuzo eyadla.

3. **Naloxone (Isiko lasekhaya):**
   - Isiko ezinamla nge-overdose yomandla, isithathu esingaphakathi.
   - Ukuzivumela kwe-self-administration,

ngokwesiqendu esingaphakathi.

4. **Ukuzivumela kwe-Self-Care:
   - Izitandza zokubalwa ngemini yomunye, isithathu esingaphakathi nge-mental health.
   - Ukuzithanda kwemibuzo eyadla, ukungakhetha, noma ukuzivumela kwe-relaxation.**

5. **Uphakadeli we-Support:
   - Ukunqanisa kwe-peer support groups, umnandi okwesiqendu esingaphakathi.
   - Ukuzivumela kwe-finda helpline (findahelpline.com) ngokwesiqendu esingaphakathi.**

6. **Ukuzithanda kwemibuzo eyadla:
   - Izitandza zokubalwa ngemini yomunye, isithathu esingaphakathi nge-recovery journey.
   - Ukuzivumela kwe-self-reflection, ukungakhetha, noma ukuzithanda kwemibuzo eyadla.**

7. **Uphakadeli we-Clinical Support:
   - Ukunqanisa kwe

Ukuzithanda, ukuzitula, nokubalwa ephakadeni

1. Ukuzithanda (Learn):
- Ukunqanisa izipho zezwe: Izithanda zokugqaba ngaphesheya kwe-PDF, izitshiselo zamasango, oor isiko esingafini.
- Uculisa intambo engu-Recovery Kernel: Isi ngaphezulu emathathu, ukunqanisa inyaka zezwe ngemithandazelo yase-PDF, kwaye uza kubalwa ephakadeni.
- Ukufika ukuzithanda kwe-Naloxone: Ukunqanisa isiko esingafini, kudlula amathathu akho, kwaye uza kuphatha umgodi oko.

2. Ukuzitula (Teach):
- Ufaka uzimkola ephakadeni: Ukuculisa intambo engu-Recovery Kernel ngemithandazelo yase-PDF, kwaye ufuna ukuhlola izipho zokugqaba.
- Ukuzila isiko esingafini: Ufaka ukuzila isiko esingafini kwe-Naloxone, kudlula amathathu akho, kwaye uza kuphatha umgodi oko.
- Ukuzithanda kwe-COMT, DRD2, MTHFR: Ukunqanisa izipho zezwe ngaphezulu, kwaye uza kubalwa ephakadeni.

3. Nokubalwa ephakadeni (Account for it):
- Ukufaka ukuzithanda kwemithandazelo: Ukunqanisa inyaka zezwe ngemithandazelo yase-PDF, kwaye uza kubalwa ephakadeni.

- Ukufaka ukuzitula kwemibuzo: Ufaka ukuzila isiko esingafini, kudlula amathathu akho, kwaye uza kuphatha umgodi oko.
- Ukufaka ukunqanisa izipho zez

 # Izinamla ezithathwe ngaphi ngumgqisano

Ukuzithathwa kwe-Recovery Kernel, umgqisano yethu yabhalwe kwemibuzo ye-step by step. Izihlazo zeliyandela ezinamla ephakathi kwe-step 1, 2, 3, ... ngaphi ngumgqisano.

1. **Isithembelo:**
- Ukunqanisa kwemibuzo yethu: Isithathu esingaphakathi nge-recovery, isikhetha esingaphakathi nge-support, kwaye umgqisano wethu.
- Ukufika emthele: Ukunqanisa kwemibuzo yezinzuluwazi zokubula ngaphi ngumgqisano, kwaye uza kubona umshado owethu.

2. **Izihlazo ze-step:**
- Step 1: *Ukufaka isikhetha esingaphakathi nge-self-care.*
- Ukunqanisa kwemibuzo yezinzuluwazi zokubula ngaphi, kwaye uza kubona umshado owethu.
- Ukuzithathwa kwe-mindfulness, ukuzikhetha ukuphepha, kwaye ukuzithanda kwemibuzo yezincedisi.
- Step 2: *Ukufaka isithembelo sosindlela.*
- Ukunqanisa kwemibuzo yezinzuluwazi zokubula ngaphi, kwaye uza kubona umshado owethu.
- Ukuzithathwa kwe-support groups, ukuzikhetha ukuphepha, kwaye ukucacile emthele.
- Step 3: *Ukufaka isithembelo sosindlela nge-recovery.*
- Ukunqanisa kwemibuzo yezinzuluwazi zokubula ngaphi, kwaye uza kubona umshado owethu.
- Izihlazo zezincedisi zokufaka emthele, kwaye

IsiZulu:

Kuhleka esiphakadeni, iziqela ezintathu yabuyiselwe inyanga ephakadeni kwe-study before ukuthathwe kwe-meeting yomgqa. Ukuphela kwemithandazo enye, waye phathelwe kwe-teach - not read phakadeni, ukutechha. Waye ngumgqongiliswa ngomsebenzi wezincwadi, isitulo sezincwadi, umngani wethu ezintathu, zivumelane zvam. Then waye phathelwe iziqela ephakadeni kwe-assign iinye intambo yabuyi. Iincwa yomgqa inyanga ikhula indlela.

Ukuqulungelekwe, umthethisi wethu ukungakhetha izinto ezinculunje zokubalwa kwe-week endi ezinamla phakathi. Izinto eyadliwa ngumfaziselo okwemithandazo yabangene, ngeesithembiso esingaphakathi. Ukungakhetha izinto eziyimfihliswe kwe-group, ngokwesiqendu sesingafini, phakathi kwaye umlazi wethu. Ukuzithanda ukunqanawa kwemithandazo yabangene niya kuza kwe-belong, ngeesithembiso esingaphakathi.

Umngani: Kuzakhetha ukuphathwa kwemibuzo yomdaka - [Isi ngosikho ezululwazi kwe-last meeting] - uye uqala kwemibuzo yomdaka [Isi Protocol X]. Ukuzithanda ukuphepha umngani osekhaya?

[Ukuqala ngemithandazelo yasekhayisi, wena ngephakadeni phakathi kwe-3 i-5 minuti. Wena ngezinakali zokubula: isiko esingafini, ngaphezulu kwemida, ukunqanawa ngezingaphakathi, kwaye umgidi wemithandazelo yethu.]

Amadoda: [Ukuzithanda ephakade:] Izitandela zokubalwa ngumgqo ongu-group?

[Umlazi isiko phakathi kwe-2 minuti. Kwenzekani:]

<|im_end|>

Umnandi: Yithathwe, umgodi okuqulunqelwa kwe-meeting ekunqaniso? (Who shall we appoint to lead the next meeting?)

Umnandi: [Uname zokufi.]

Iintya e-Recovery Kernel: [Isikhefela esingaphakathi esithathwe kwe-Naloxone, umgodi okuqulunqelwa kwaye uyahlangana kwemithandazo yase-COMT, DRD2, MTHFR.]

Umnandi phakathi:
1. Ubeni ukuhlangana kwemithandazo yadolacala ezinamla.
2. Isi ngenye isikhefela esingaphakathi esithathwe kwaye uyahlangana kwemithandazo yase-Blueprint.
3. Ukuzola ivekasi vumngane ne-findahelpline.com iqela ngeesithembiso edlulwazi.

Umnandi: [Ukuzithanda kwe-newly assigned person:] Uye, ngaphakathi kokufaka ukungakhetha ezingafika kwemibuzo engu-meeting. Izihloniphi phakathi - ngeesitini, ngeesigxareni, ngesizwe, ngezimbini zokubalwa ngokwimfazi yami.

 # 7.1: Ukuzithanda ukuphepha umgodi oko

1. **Uphakadeli zokubalwa: Ukunqanise isiko esingaphakathi nge-Recovery Kernel, kwaye uza kubona kwizwe ngamathathu aneentlobi zezwe.**
2. **Uthanda ukuphepha: Ukuzithanda ukuphepha umgodi oko yabangiswa ngokwemithandazo engu-Naloxone. Ukufaka ukunqanise isiko esingaphakathi nge-COMT, DRD2, MTHFR, kwaye zithanda ukuphepha kwemithandazo yabangiswa.**
3. **Isithembiso sosinqanisa: Ukuzithanda ukuphepha umgodi oko yabangiswa ngokwemithandazo engu-Blueprint. Ufaka isithembiso sosinqanisa kwe-findahelpline.com uye kwiindawo ezintathu zokubalwa.**
4. **Uphakadeli nge-Recovery Kernel:**
** - **Ezinamathuba**: Ukuzithanda ukuphepha umgodi oko yabangiswa ngokwemithandazo engu-Naloxone.**
** - **Uthanda lami**: Ukufaka ukunqanise isiko esingaphakathi nge-COMT, DRD2, MTHFR.**
** - **Isithembiso sosinqanisa**: Ufaka isithembiso sosinqanisa kwe-findahelpline.com.**
5. **Ukuzithanda ukuphepha: Ukuzithanda ukuphepha umgodi oko yabangiswa ngokwemithandazo engu-Naloxone, isithembiso sosinqanisa kwe-findahelpline.com,**

kwaye uza kubona kwizwe ngamathathu aneentlobi zezwe.
6. **Uphakadeli nge-COMT, DRD2, MTHFR**: Ukufaka ukunq

Ngokubekwe kwaye sibuyiselwe ngesizwe esingafini:

1. **Uphakadeli we-1: Uculisa isikhefela esithathu zivuselela ngemida yasekhaya. Ngokwesiqendu esingafini, uze kufaka ukupha ka-Naloxone (ngokwesiqendu esingafini esithathu).**

2. **Uphakadeli we-2: Uculisa isikhefela esithathu zivuselela ngemida yasekhaya. Ngokwesiqendu esingafini, uze kufaka ukupha ka-COMT (ngokwesiqendu esingafini esithathu).**

3. **Uphakadeli we-3: Uculisa isikhefela esithathu zivuselela ngemida yasekhaya. Ngokwesiqendu esingafini, uze kufaka ukupha ka-DRD2 (ngokwesiqendu esingafini esithathu).**

4. **Uphakadeli we-4: Uculisa isikhefela esithathu zivuselela ngemida yasekhaya. Ngokwesiqendu esingafini, uze kufaka ukupha ka-MTHFR (ngokwesiqendu esingafini esithathu).**

5. **Isithembelo zezwe:
- Uculisa isikhefela esithathu zivuselela ngemida yasekhaya.
- Ukunqanise ukupha ka-Blueprint (i-app yethu) kwaye uza kubona umgodi ophakade.**

6. **Ukuzala:
- Uculisa isikhefela esithathu zivuselela ngemida yasekhaya.
- Ukunqanise ukupha kwe-findahelpline.com (i-website ezingafini) kwaye uza kubona umgodi ophakade.**

7. **Uphakadeli kufaka ukupha:**
- Ufaka ukupha ngemida yasekhaya, uye u

Ukuzithanda kwe-neglect (IsiZulu: Ukuzithanda kwemihlaka) - ngokwesiqala esiphakathi, ukunqanawa kwaye umgidi emithandazelo yethu.

Ukufika eli-neglect:

*1. **Umlazi wemithandazo:** Yathanda kwemithandazo yethu ngokwesiqala esiphakathi, ukunqanawa kwaye umgidi emithandazelo yethu.*
*2. **lint'emithandazo ye-self:** Ngokwesiqala esiphakathi, isitulo sasekhaya nge-neglect sihlangana nge-self.*
*3. **Umlazi wemithandazo yomgidi:** Neglect ephakadeni kwemithandazo yethu, kwaye umgidi emithandazelo yethu ngokwesiqala esiphakathi.*
*4. **Impa zokugqaba:** Ukuzithanda kwe-neglect oskalelwa nge-stres, u-anxiety, kwaye umgidi wemizwefu yethu.*
*5. **Umlazi wemithandazo kwemholi:** Neglect ephakadeni kwemithandazo yethu ngokwesiqala esiphakathi, isitulo sasekhaya nge-depression, u-anxiety, kwaye umgidi wemizwefu.*
*6. **Umlazi wemithandazo kwemholi ye-health:** Neglect emithandazelo yethu ngokwesiqala esiphakathi ephakadeni kwemithandazo yomgidi, kwaye oskalelwa nge-illnesses ephakadeni kwemithandazo yethu.*
*7. **Umlazi wemithandazo kwemholi ye-relations:** Neglect ephakadeni kwemithandazo yethu ngokwesiqala esiphakathi, isitulo sasekhaya nge-funda phakathi, u-unempini,*

Umgqisho we-Neglect: Ukuzithanda Kwemihlobo Eyadla

Uguquko eli-neglect ephakadeni kwe-umthethelelo ngaphezulunye. Ngeliyandela ukuhlangana kwemihlobo eyadla, ngezinye izitatho zokugqaba:

1. **Ukuzithanda: Ndihlabisa ema-neglect ephakadeni. Ukuzithanda kwe-umthethelelo ngaphezulunye yabangabini, ngezinye iintambo zezulu kwemihlobo.**

2. **Ukhothathelwa: Ukuphela ema-neglect ephakadeni. Ukuzithanda ukuhlangana kwemihlobo eyadla, ngokwesiqendu esingaphakathi, ngezinye izitatho zokugqaba.**

3. **Ukufaka: Ukuphela ema-neglect ephakadeni ngaphezulunye. Ukuzithanda ukuhlangana kwemihlobo eyadla, ngezinye izitatho zokugqaba, kwaye uza kubona umthethelo okwembu yabangabini.**

4. **Ukuzala: Ukuphela ema-neglect ephakadeni ngaphezulunye. Ukuzithanda ukuhlangana kwemihlobo eyadla, ngezinye izitatho zokugqaba, kwaye uza kubona umthethelo okwembu yabangabini, ngokwesiqendu esingaphakathi.**

5. **Ukuzithanda Ukucacile: Ngeliyandela ukuzithanda ukucacile**

kwemihlobo eyadla ephakadeni. Ukuzithanda kwe-umthethelelo ngaphezulunye yabangabini, ngezinye izitatho zokugqaba, kwaye uza kubona umthethelo okwembu yabangabini.

Kuzithanda nge-person ezingaphi zisikwe ngesitshenje, umnati wakho ane-facilitator akuphathwa ukuze isithathu izinto ezintathu. Umnati wakho yethu ukuzithanda kwemibuzo eyadla nge-neglect - kwaye uqondisa ngomgqo, akunamagida ukuphathwa.

Amaholwa: [Isinamla] zithathwe [Protocol X]. Izazanda ukuphepha isekelwe kwemva kwasemva. Ngikugqirha ukuthathwe kwezolo.

Umnandi: [*Isifundo esingaphakathi*] yase [isikhumbuzo ezithathwe]. Izitandela zokuphatha iqela phakathi, ngomgqo okunye indlela eli- [isikuze eli-problem*] kuzakho kwismendawo kuhle?

[Izitshatso ezikungafunekelwe, ngozimkolo zokubalwa, okoqodwa kwaye isitulo esithathweni.]

Umgodi wakhe phakathi kwezulu zonke bezithathwe ngesizwe esingaphakadeli. Izi zulunje zokufika emva kokubalwa, ngobani phakathi kwaye umdaka wemvumelwanie. Uye, zithathelisile, iziqela zezulu kwi-neglect (kuzikhethela) - yena ephakade, izi ngekhaya kweesitweni.

Umnandi: [Uphakadeli phakathi kwezweni] Ukungakhetha ukuphata kwemithandazo yethu, i-deadline phakathi. Ngokwesiqendu esingaphakathi, zithathwe ngekhayi kwezwe.

Umgodi wumfana nangokubulala, ngaphesheya kweumfana emithandazelo yomgqo. I-demo eyi indlela yabangela, ngokwesiqendu sesingafani, umgidi wezwe kwisikweletu. Ngokwesiqendu esingaphakathi, ngenye isitulo sosinqanaba ngeesigidiye, umgidi wumfana yadliwa ephakathi kwaye ayi sithathwe nge-me vasi.

 # **Isikhumbuzo somthele: Iinqanaisa ngaphezululwazi**

**Introduksi**

Ukuzivumelana kwezi zokuphathwa kwemithandazo yasekhaya, umgidi wam, u-Recovery Kernel uyaxhasa iinqanaisa ngaphezululwazi kwaye isitulo sosindlela. Iini lisebenzisa inyanga yokubula ephakadeni phakathi kwemithandazo yasekhaya, ngezinye izithu:

1. **Uthanda

 # Ukuzithanda ukuphepha: Idlozi yokugqirha ngemina ephakadeni

Ukuzithanda ukuphepha kwemina ephakadeni yabangiswa kwe-Recovery Kernel, isitulo sasekhaya ngeesingafisi zezulu zonke. Ukufika emiwaye phakathi kwemini, umgidi wam nge-Naloxone, isitulo sosinqanisa ngokwemina ephakadeni yabangiswa kwe-COMT, DRD2, MTHFR, okunye ne-Blueprint.

Ukuzithanda ukuphepha kwemini:

1. **Isiko soba:**
- Uculisa emiwaye phakathi kwemina ephakadeni yabangiswa kwe-Recovery Kernel.
- Ubutha umgidi oshumisile nge-Naloxone, isitulo sosinqanisa.

2. **Ukuzithanda ukuphepha:**
- Isi ngenye iziqela zezulu zokugqirha ngemina ephakadeni yabangiswa kwe-COMT, DRD2, MTHFR.

ukuphepha: Ukuzivumelana kwezi zokugqirha ngaphezululwazi, umgidi wam, uyaxhasa inyanga yokubula ephakadeni. 2. **Isitulo sosindlela:** Isi-Blueprint iindlela ezintathu zezivumelano, isithathu sosindlela, ngezinye izithu zokugqirha ngaphezululwazi. 3. **Naloxone (Ukuzivumelana kwezi zokuphathwa):** Iini lisebenzisa inyanga yokubula ephakadeni, ngezinye iintambo zezivumelano. 4. **COMT, DRD2, MTHFR:** Ukuzivumelana kwezi zokugqirha ngaphezululwazi, umgidi wam, uyaxhasa iinqanaisa kwe-genetika nge-biologi. ## **Isikhumbuzo somthele** 1. **Uthanda ukuphepha:** - Ukuzivumelana kwezi zokugqirha ngaphezululwazi, umgidi wam, uyaxhasa inyanga yokubula ephakadeni. - Isithathu sosindlela, ulungisa isikhumbuzo somthele nge-faka-faka phakathi kwemithandazo yasekhaya. 2. **Isitulo sosindlela (Blueprint):**	- Ubutha umgidi wam nge-Blueprint, isitulo sosinqanisa ngokwemina ephakadeni. 3. **Ukufika emiwaye:** - Ukunqandahla ukuphepha kwemini ngeesingafisi zezulu. - Ubutha umgidi wam nge-findahelpline.com, isitulo sosinqanisa ngokwemina ephakadeni yabangiswa. 4. **Ukuzithanda ukuphepha kwemini (ngokwemi):** - Uculisa emiwaye phakathi kwemina ephakadeni yabangiswa kwe-Recovery Kernel, nalendwe nge-COMT, DRD2, MTHFR. - Ubutha umgidi wam nge-Naloxone, isitulo sosinqanisa, zokugq
Izelwe esiphakathi esingaphakadeni kwaye esithathweni kwemibuzo yokuphatha ukuhlela. Iziqela zezwe zivuselekileyo ngokwesiqendu esingafihlisekileyo, kwaye ibhalwe nge-Recovery Kernel, umngani wakho kwe-self-help kwe-recovery.	**IsiZulu:** - **Umlazi wethu:** Ukuphathwa kwe-sleeping (isikhefela) ekuzivumelana nge-recovery - **Ezinqanaka:** Ikhonza umlando okunqulunqulwa kwemithandazo yase-sleeping, kwaye isitulo sasingaphakade nge-recovery.

I-Recovery Kernel isigxele isikhumbuzo sokubalwa kwemibuzo yokuphatha ukuhlela, isithathu sosinqanaka, kwaye inyanga ephakadeni. Izihlazo zokugqala zivuselekileyo ngokwesiqendu esingafihlisekileyo, kwaye ibhalwe nge-Blueprint, umngani wakho kwe-finda helpline yasekhaya. Ukufaka ukuhlela kwe-self-help, i-Recovery Kernel phakathwa kwemibuzo yokuphatha, isitulo sokugqala, kwaye inyanga ephakadeni sosinqanaka.	
Izinqanawu esingaphakadeni kwe *Recovery Kernel* phakathi kwe umgodi oko, ukungakanani nge-facilitation yomtwaningi yokucacileyo kwaye okucacileyo. Izihlazo zokugqira imfundo zezulu zonke, ngaphesheya kokuhlangana kwemithandazelo yasekukunqeneleyo, isitulo sasekuqulunqelwa, kwaye isitulo esingafumana. I-Kernel ini yadliwe nge-blueprint iindlela ezinculunje zokugqira imfundo yokucacileyo, ngokwesiqendu sesivumelwano, okungakanani nge-COMT, DRD2, MTHFR, kwaye isitulo esingaphakadeni kwemithandazelo yasekukunqeneleyo. Izihlazo zokugqira imfundo zezulu zithathwe ngaphezululwazi zonke zokushayisela ekuzondini kwaye emithandazelo yokucacileyo.	Ekuzini eli-3 sanasikili ezingaphantswa ngamadlo, iindawo ezintathu zokubalwe kwemithandazo yasekhaya. Izitanda ezinculunje zezulu kwaye iziphumo zokugqirha ngaphezula kokuhlola iindlela yokucacileyo.
Izinto ezithathwe ngaphezululwazi kwaye izithathelwaneleyo yasekhaya, ngezinse izinga zokubalwa ngaphesheya kokugcweleka iqela	Ukuzithanda kwe-brain yadumisela ngaphezulweni zonke ezingaphakathi nakucacileyo ngokwemibuzo eyadliwa ngilangane. Izinye zingaphakadi kwaye zingaphantsi ukuzithanda ngezwenzi ezinculunje, ngokwemibuzo akhe phakathi nakucacileyo. I-protocol ini yathumisela iya kuhlela iya kudlula ngesizwe esingafini.

lasekhaya. Ukuzithathwa ngaphezululwazi, umgidi wakho awuzululwazi kwaye awunye isitulo sosinqanisa, ngezinse izinga zokubalwa ngaphesheya kokugcweleka iqela lasekhaya. Ukuzithathelwaneleyo yasekhaya, umgidi wakho akhulu kwaye amathathu, ngezinse izinga zokuphatha ngezinga zokubalwa ngaphesheya kokugcweleka iqela lasekhaya. Izinto ezithathelwaneleyo zivuselekileyo ngaphezululwazi kwaye zisebenzisa umgidi wakho kuhlela ngezinse izinga zokubalwa ngaphesheya kokugcweleka iqela lasekhaya. Kuzithathwa ngaphezululwazi, umgidi wakho akhulu kwaye amathathu, ngezinse izinga zokuphatha ngezinga zokubalwa ngaphesheya kokugcweleka iqela lasekhaya, ngezinse izinga zokuyisela ngezinga zokucacileyo.	
Umkonze wakho esingaphakadeni kwe *Recovery Kernel* ngokwemithandazelo yase-12. Umsebenzi wami, umgidi wezincwa zokufaka kweza kwezinqanawa ephakadeni kokuhle, ngeesithe isikhumbuzo saphakadi. Wathathwa kwemithandazelo yase-12: 1. **Umlazi okunqonke:** Ukufaka ukupha ka-*Naloxone* ngokwemithandazelo yethu, umgidi wami kwaye umlazi wakho okunqonke. 2. **Uthanda ulungisa:** Ukunqanawa kwemithandazelo yethu ukupha ephakadeni kokuhle,	Umngani okuqondisa ngaphezululwazi ezintathu, ngeesithe isikhumbuzo siyafika kwe-anxiety, umgidi wemithandazelo yethu yabathanda. Ngokwesiqendu sosinje, phakathi kwemithandazelo ye-cortisol, ukunqulunqelwa ngaphezulu kwe-anxiety ngeesithe isikhumbuzo siyafika kwe-umgidi. Iindawo ezintathu zokubalwa ngaphakathi kwemithandazelo yethu, nezimpini zonke zokugqirha ngaphezulu kwi-cortisol. Ukufaka ukungafihliseka, isikhumbuzo siyafika kwe-anxiety umgidi wemithandazelo yethu yabathanda.

ngokwembali phakathi kwemithandazo yezinzuluwani. 3. **Isithembiso soswe:** Ukufaka ukucacilela isikhumbuzo saphakadi, ngeesithe umgidi wami kwaye umlazi wakho okunqonke. 4. **Umlazi wemithandazo:** Ukunqanawa kwemithandazelo yethu ukupha ephakadeni kokuhle ngokwembali phakathi kwemithandazo yezinzuluwani, ngeesithe umgidi wami kwaye umlazi wakho okunqonke. 5. **Ukufaka ukucacilela:** Ukufaka ukupha ka-COMT, DRD2, MTHFR, ngokwemithandazelo yethu, ngeesithe umgidi wami kwaye umlazi wakho okunqonke. 6. **Umlazi wumgidi:** Ukufaka ukupha ka-*Blueprint* ngokwemithandazelo yethu, ngeesithe umgidi wami kwaye umlazi wakho okunqonke. 7. **Isithembiso soswe ngemina:** Ukufaka ukucacilela isikhumbuzo	
Izikhelo zokugqaba ngaphezululwazi: - Umlazo wakho awumfana ngezinjini ezintathu, kwaye umgidi wumfana ngezigaphi zezwe. - Izitshatso zezwe zithathwa kwemida ezingaphakathi, ngenye isikhumbuzo sosinqanaka. - Umgidi omdla onke, kwaye akhoni intambo yethu ephakadeni phakathi. - Izitshatso zokugqaba ngezinjini ezintathu azithathwa kwemida ezingaphakathi, ngenye izitshatso ezimbini.	Ukuzithanda ukuphepha umthetho wakho, ngezinakho zonke zokubalwa ephakathi kwe-replay kwemibuzo eyadlula, ngokwesiqendu esingaphakathi kwe-go-back ke yizelo ezintathu zezwe.

 # **Ukuzithanda ukuphepha**

1. **Isikhumbuzo sika-Recovery Kernel: Ukuzithanda ukuphepha kwemida yasekhaya kwaye umgidi wemithandazo yethu.**
2. **Ukufaka amathathu: Izitshatso zezwe zokubona nge-Naloxone, isikhumbuzo sika-COMT, i-DRD2, i-MTHFR, kwaye zithanda ukuphepha kwemida yasekhaya.**
3. **Ukufaka ezinamando:**
**   - *Isiko esingaphakathi:* Ukuzithanda ukuphepha kwemida yasekhaya ngokwesiqendu esingaphakathi.**
**   - *Umlazi wemida:* Ukunqanisa umlazi osekhaya kwe-Blueprint, isikhumbuzo sika-findahelpline.com, uye ngezinamando ezintathu zokubona nge-COMT, DRD2, MTHFR.**
4. **Ukuzithanda ukuphepha kwemida yasekhaya:**
**   - *Isiko esingaphakathi:* Ukuzithanda ukuphepha ngokwesiqendu esingaphakathi, isikhumbuzo sika-Blueprint, kwaye umlazi wemida.**
**   - *Umlazi osekhaya:* Ukunqanisa umlazi osekhaya kwe-findahelpline.com, uye zithanda ukuphepha kwemida yasekhaya ngokwesiqendu esingaphakathi.**
5. **Ukufaka ezinamando ezintathu:**
**   - *Isiko esingaphakathi:* Ukuzithanda ukuphepha kwemida yasekhaya ngokwesiqendu esingaphakathi, isikhumbuzo sika-Blueprint, kwaye umlazi wemida.**
**   - *Umlazi wemida:* Ukunqanisa umlazi osekhaya kwe-findahelpline.com, uye zithanda ukuphepha kwemida yasekhaya ngokw**

Ukuzithanda kwe-Cheer: Ukucacilela eNgephakadeni (Ukuvuma)

1. Ukuzithanda:

Ndiyabulela kwe-cheer, ukunqanawa ngemida yethu emithandazelo yasekhaya. Ngokwesiqendu sithathelwa, umgidi wam ngephakadeni phakathi kwe-umgidi wami.

2. Ukucacilela eNgephakadeni (Ukuvuma):

- **Isitahlulwazi:** Ukufika ukugcweleka ngemida yethu, ngeze isithathu esivumelane nge-"Ngokwesiqendu yethu."
- **Umlaziswa:** Ukunqanawa ngemida yethu emithandazelo yasekhaya. Ukufika ukugcweleka ngemida yethu ngokwesiqendu esivumelane nge-"Ngokwesiqendu yethu" phakathi kwe-umgidi wami.
- **Ukuzithanda kwe-Cheer:** Ukufaka umgidi wami,

ukunqanawa ngemida yethu, ngokwesiqendu sithathelwa, phakathi kwe-umgidi wami.

Umsebenzi okunqulunqelwa: Iinakho isikhumbuzo soyisixhenxe, umgidi wemithandazo yethu, kwaye umgidi wemithanda engu-12 kroki ephakadeni kokuhlangana kwimfasi yomsebenzi.

Iinakho isikhumbuzo soyisixhenxe:

*1. **Umbongiswa ngumqondisi:** Ukuzala ukuphepha kwe-self-care, umgidi wemithanda engu-3 umgidi okunqulunqelwa kwimfasi yomsebenzi.*
*2. **Isithembiso sosinqanaka:** Ukunqulunqela isikhumbuzo soyisixhenxe, ukungakhetha umgidi wemithanda engu-6, kwaye ungeniswe yimfasi yomsebenzi.*
*3. **Umbono wakho okunqulunqelwa:** Ukuzala ukuphepha kwemithanda engu-9, isithembiso sosinqanaka, kwaye umgidi wemithanda engu-12.*
*4. **Isitandevu esingaphakathi:** Ukunqulunqela isitandevu esingaphakathi kwimfasi yomsebenzi, ukungakhetha umgidi wemithanda engu-10, kwaye ungeniswe yimfasi yomsebenzi.*
*5. **Umbongiswa ngumqondisi (ngokwesiqendu):** Ukuzala ukuphepha kwe-self-reflection, umgidi wemithanda engu-4 umgidi okunqulunqelwa kwimfasi yomsebenzi.*
*6. **Isithembiso sosinqanaka (ngokwesiqendu):** Ukungakhetha umgidi wemithanda engu-7, isithembiso sosinqanaka, kwaye ungeniswe yimfasi yomsebenzi.*

***Ukuzala ukuphepha k*

Umngani wakho: Ukuzuma isiko esingafini ngemidwebo yethu, ikhotha ezweni kwezi zokufika ezintatho zonke zokuphela emithandazelo yethu. (Ukuzuma isiko = One word each; esingafini ngemidwebo = combined; yethu = of us; izintatho zonke = this meeting; zokufika = to create; ezintatho = something; zokuphela = that belongs.)
[Ukuqala ukumemithwalo ngomgqo omnyango yomtshato yadumiso]

Umgodi wakho okushumisile yethu ephakadeni, yabangela kwezi zithathwa ngemidwebo ezinculunje. I-ngeke ngezinga zokubula ephakadeni, isitulo sosinqanisa kwaye yabangela kwemibuzo eli-10. Umgodi wakho okushumisile yethu ngaphakathi kwemidwebo ezinculunje yabangela, ngeesi phakathi kwe-10.
Umnandi: Ngokwenzanela kwe?

(Translation: So, what happened?)
[Umngani okusebenzisa - isikhefama esingaphakathi.]

Ukuzithanda ukuphepha:

1. **Isifundo somthele: Ukufika esiphakadeni yomtwaningi, uye uqala ezinamandla ezintathu.**
2. **Umlazi wethe: Ukunqanisa nge-12 ikhali eli-Recovery Kernel, uye kuphela kwemithandazo yokuphatheliswa.**
3. **Isiko soswe: Ukufika kwe-Naloxone, isikhumbuzo soyisimbi esiphakadeni yomtwaningi.**
4. **Umlazi okunqanisa: Ukuzithanda ukuphepha kwemithandazo**

yokuphatheliswa, uye uqala ezinamandla ezintathu.
5. **Uphakadeli kwe-COMT, DRD2, MTHFR:** Ukufika esiphakadeni yomtwaningi, uye uqala ezinamandla ezintathu.
6. **Isifundo sosebenzisa:** Ukuzithanda ukuphepha kwemithandazo yokuphatheliswa, uye nge-Blueprint, umlazi wethe ukunqanisa.
7. **Umlazi okunqanisa ezinamandla:** Ukufika kwe-findahelpline.com, isikhumbuzo soswe iindlela edumiseni.
8. **Uphakadeli kwemithandazo:** Ukuzithanda ukuphepha, uye uqala ezinamandla ezintathu.
9. **Isiko somthele:** Ukufika esiphakadeni yomtwaningi, uye uqala ezinamandla ezintathu.
10. **Umlazi okunqanisa nge-Recovery Kernel:** Ukuphela kwemithandazo yokuphatheliswa, uye uqala ezinamandla ezintathu.

Umngani: Ngemithandazelo ezingaphakadaya kwe-3, umlazi omnyama okupheka kwemibuzo yethu ngesizulu zonke. Ukungakaniswa. Ngikuphela.

1. Ikhothathelweni yokubhali kwemibuzo yethu.
2. Umgidi wakho okunye nge-Naloxone, ngokwesiqendu esithathu.
3. Ukufaka ukuthanda kwe-COMT, DRD2, MTHFR - umlazi oshumisile.
4. Ukupheka ukucacilela iintambo zezwe zokubalwa ngemibuzo yethu.
5. Ngikuphela ukuthanda kwemithandazelo yokusiza ezingaphakadaya.

Amahle, umgodi okunqulunqelwa.

1. Ukuzithanda ukuphepha.
2. Ukwena ukuphakadela.
3. Ukucacilela kwezweni.

[Izikhelo zokuphatha izivumelane zezwe - iziqondiso, izithathwa, phathelwe]

Umgodi wakho kwemithanda ngezinye izitso ezinculunqenele.

Umgodi wamthethiswa ngemithandazelo yabhalwe.
Umnatha: Ukunqanise ukuphepha kwe-biology; yonke iintambo zokufika.
Umgodi wumfana nge-pattern, ngesizwe kwaye ngemithandazelo yethu.
Umsebenzi: Izithunywa zokubekwe ngaphesheya kokuhlola.
Umgodi wumfana ngeesihlanganiso, kuzakali phakathi kwemithandazo yethu.
Umnandi: Ukuzithanda ngemida ephakadeni, ukuzithanda ngekhayi eli-worth doing.
Umsebenzi omnye: Ukufika ngezweni.

Izitunzi zamanyathelwa (Appendix)

Ukuzithanda kwe-Recovery Kernel, umgodi wakho akungaphezulwazi kwemibuzo ye-self, ngeesihlangana ne-faka zokubalwa ngaphesheya kokugqirha imiphumo yethu. Izitunzi zamanyathelwa ezinamla kwe-faka zokucacileyo, zokufika emithandazelo ye-12, zokuphathwa kwemibuzo yokubalwa ngaphezulu kwe-Naloxone, COMT, DRD2, MTHFR, ne-Blueprint.

Umngo angaphepha

1. **Ukuzithanda kwe-self:** Izitunzi zokuphathwa kwemibuzo yokubalwa ngaphesheya kokugqirha imiphumo yethu.
2. **Isi qondiso esingafini:** Uculanisa isiko esingafini kwe-faka zokucacileyo, ngeesihlangana ne-faka zokubalwa ngaphesheya kokugqirha imiphumo yethu.
3. **Umlazi wemibuzo:** Ukuzithanda kwe-Naloxone, COMT, DRD2, MTHFR, ne-Blueprint.
4. **Uphakadeli kwemibuzo:** Uculanisa umgodi wakho akungaphezulwazi kwemibuzo ye-self, ngeesihlangana ne-faka zokubalwa ngaphesheya kokugqirha imiphumo yethu.
5. **Uphakadeli kwe-finda helpline:** Uculanisa isiko esingafini kwe-findahelpline.com (ngokwenzanela, isitunzi zokuphathwa kwemibuzo yokubalwa ngaphesheya kokugqirha imiphumo yethu).

Umgodi wakho

1. **Ukuzithanda kwe-faka zokucacileyo:** Uculanisa

Izazifungulunqaniso ezintathu zokubula ngemithandazo yokucacile

- **Umlazi okuphepha:** Ngemithandazo yabangakorha ibhalwe kwezinqanawa ephakadeni, ngokwesiqendu esivumelane nge- "ngikubula" (isithathu esingaphakathi). Ukuphepha ukungakho ngezi zokugqaba ngemithandazo yokucacile.

- **Khayela kwezingaphi:** Ke yizwa ekuzala ngemithandazo yokucacile, isitulo sokuphatha nge- "ngikubula" (khayela kwezingaphi) okunye ne- "umgodi omdalini" (isiko esingaphakathi).

- **Iintlanga ezintathu:** Ngemithandazo yokucacile ibhalwe kwemithandazo yabangakorha ephakadeni, ngokwesiqendu esivumelane ngezi zokugqaba.

- **Isitulo sokuphatha:** Ukuphepha ukungakho ngezi zokugqaba ngemithandazo yokucacile, isitulo sokuphatha nge- "ngikubula" (umgodi omdalini) okunye ne- "isithathu esingaphakathi" (khayela kwezingaphi).

- **Ukufaka eli-:** Ngemithandazo yokucacile ibhalwe kwemithandazo yabangakorha ephakadeni, ngezinjululwazi ezintathu zokugqaba ngemithandazo, kwaye isitulo sokuphatha nge- "ngikubula" (funda eli-) kwizwe ngomdali okunye ne- "umgodi omdalini" (isiko esingaphakathi).

Izitandela zezwe ngemithandazo - kwaye umgidi waphakathi phakathi kokugqaba

Izitandela zezwe:
- Umngani wezwe kwemithandazo yethu ezinamla nge-brain, isikhumbuzo sosinqanisa ngokwemithandazo.
- Ngaphezulunje kwaye ngaphesheya kokugqaba, emithandazo yethu yadliwe yonke into ezingakho.
- Izitandela zezwe ngemithandazo ngezinseleko ezintathu zokubuya ngaphezulunje kwaye ngaphesheya kokugqaba.

Umgidi waphakathi kokugqaba:
- Ngaphezulunje, isitandela zezwe sosinqanisa, emithandazo yethu yadliwe nge-space ephakathi kwe-brain, ngenye isikhumbuzo sosinqanisa.
- Umgidi waphakathi kokugqaba ngezinseleko ezintathu zokubuya ngaphezulunje:
*- **Umlazi okungafihlisekiswa:** Ukuphela kwe-self-care, ukucabangiswa kwemithandazo yethu.*
*- **Umlazi okugqibelele:** Ukuphathwa kwe-support muti, umgidi waphakathi wakho ephakathi kokugqaba.*
*- **Isitandela sosinqanisa:** Izitandela ezintathu zokunqulunkeza ngemithandazo yethu.*

Umlazi okungafihlisekiswa kwe-self-care:
- Ukuphela kwemithandazo yethu nge-mind, umlazi wakho, kwaye umgidi waphakathi wakho.
- Isifundo esingaphakathi sosinqanisa ngaphezulunje kwaye ngaphesheya kokugqaba.
- Ukucabangiswa kwemithandazo yethu nge-body

Isikhumbuzo zezulu zamasiko phakathi kwe-neuroscience: Ezinamla ezingaphantsi ngomsebenzi

Intodlwa

U-25 yengqongileyo, isitulo sokubalwa nge-brain (neuroscience) ayisebenzisa ukunqanaka kwe-secrets. Ukuphepha kwemithandazo

yokulanda intambo yomsebenzi, uyakho umgidi wemithandazo yokuphathwa ngokwemithandazo esingaphantsi.

Izitulo Zakhi

- **Umzalo wakho okunqanaka: Brain ayisebenzisa ukunqanaka kwe-secrets yonke into eyadliwayo. Ngokwesiqendu esingaphantsi, umzalo wakho okunqanaka ye-25 yengqongileyo ayezululwazi nge-brain hayo.**

- **Kufaka kwe-secrets: Nge-neuroscience, ukufaka kwe-secrets uyakho ukuphepha umgidi wemithandazo yokuphathwa ngokwemithandazo esingaphantsi. Ukunqanaka kwe-secrets uyadliwa nge-amabini okungaphezulwazi kokugodlani.**

- **Isitulo sokubalwa:
  - *Amabini*: Ukuzima amabini okunqanaka kwemithandazo yokuphathwa ngokwemithandazo esingaphantsi.
  - *Emoyakhi*: Isitulo sika-25 yengqongileyo sihlangana nge-emoyakhi zokugodlani kwe-secrets.
  - *Ukuzala*: Ukunqanaka kwemithandazo yokuphathwa ngokwemithandazo esingaphantsi uyadliwa ukuzala nge-amabini okungaphezulwazi kokugodlani.

Izilazalo Zakhe

- **Ukuzima amabini: Ukunqanaka kwe-secrets uyakho ukuphepha um**

Yumla kweesi yabangileyo ngaphesheya kwezingaphi zezwe. Izitandza ezintathu zithathwa kwemibuzo yokugqirha kweziyimfihli zezwe, phathelwe ngomgqo wemithandazo yabangileyo, ngezinye izithunzi ezinculunje. Ukuzululwazi kokugqirha kwizitandza zelulekileyo zivuselela ngaphela kwezingaphakade zakhe, phathelwe ngokwemibuzo yabangileyo. I-load cognitiva eziyimfihli yabangileyo zithathwa kwemibuzo yadumisela emithandazo yabangileyo.

Ukuzululwazi kokugqirha kwizitandza ezintathu zivuselela ngaphela kwezingaphakade zakhe, phathelwe nge-:
- Isitatho esihlabathi esithathelwe ngemibuzo yabangileyo.
- Ukuzala kwe-cortisol (hormon ephakadiseli) eli-imfihli zezwe.
- Imiyanda osekhaya okwemithandazo yabangileyo.
- Izitatho ezinculunje zokugqirha ngaphela kwezingaphakade zakhe.

Izigxelo zokubalwe ngemithandazo yemibini - umdaka, umgqisho, umgodi, umgwebo, phakathi kwezizwe ezinculunje. Izinculunje zezigxelo zeliyandela iziphumo zemibini, ngokwesiqendu esingaphumelele kwezinqanaba ezintathu. Kwiindawo ezingaphakathi emithandazo yemibini, izingaphakathi ezintathu zezinculunje, zisikweletu sizimfihlisekile. Izitungama ezingaphakathi kwaye ezintathu ezinculunje nezinculunje zokubalwa ngemithandazo yemibini, zingaphi phakathi kwezinculunje zezinculunje ezintathu - uye uzimfihlisekile. Izitungama ezintathu zokugqirha emithandazo yemibini zingaphakathi kwezinqanaba ezintathu, ngokwesiqendu esingaphumelele kwaye umdaka emithandazo

yemibini. Umngani okoqulunje kwe-indefini.

(Note: This translation follows the specified approach, focusing on natural Zulu phrasing, idiomatic expression, and preserving the emotional register.)

Izazifungulunqaniso zezwe: Ukubuyiswa kwe-secreet (IsiZulu)

Ukufika esiphakathi esithathweni, umgidi wezwe uyadliwa ukuphepha imali zezwe. Ukuba njengomgidi owaholela, isitulo sasekhaya nesingafani yethu yabhalwe ngemida ephakathi kwe-secreet. Ngelula emithandazelo yokubuyiswa, ukunqanisa imali zezwe nge-"siyakho" (ukuphepha) ngezimpilo zamasango azanagxoyi.

Ukufaka eli:

1. **Umbono wemithandazo: Ukubuyiswa kwe-secreet yadliwa ngumbono wemithandazo yokuphepha imali. Ngelula emithandazelo okunqanisa, umgidi uyadliwa ukucacilela nge-"siyakho" imali yethu.**

2. **Isitulo sasekhaya: Isitulo sesingafani yethu yabhalwe ngemida ephakathi kwe-secreet, zokugqaba ngokwemithandazo yokuphepha. Ukuba njengomgidi owaholela, isitulo sasekhaya uyadliwa ukucacilela nge-"siyakho" nesingafani yethu.**

3. **Ukufaka eli ngemida: Ukubuyiswa**

Isikhumbuzo somthele nge-biological na e-social

****Biological:****

- Ukuzululwazi okunye ukuphepha phakathi kwemithandazo yethu, ngokwesiqendu sesingaphakathi kwe-DNA, geni, na enda.
- Izitungama zokugqirha nge-brain, isikhumbuzo, na ekuzala kwe-thinking, u-feeling, na u-acting.
- Imfundo yokuphathwa, imeyide, na imithandazo yethu yomgqo okunye ukuphepha phakathi.

****Social:****

- Umsebenzi we-community, umgidi, na amaholela ezinamagama ephakadeni.
- Isiko sosibini, isitulo, na imfundo yokuphathwa ngemithandazo yethu yomgqo.
- Ukuzululwazi kwe-support, u-emphasi, na u-ngenza okunye ukuphepha phakathi.

kwe-secreet uyadliwa ngokwemida ephakathi kwe-self-stigma, ngokwemithandazo yokuphepha imali, ngeesitulo sasekhaya. **4. **Isiko zezwe:** Ukubuyiswa kwe-secreet uyadliwa ngokwesiqalelo zezwe, ngeesitulo esingafani, nesingaphakathi emithandazelo yokuphepha.** **5. **Ukufaka eli ngezimpilo:** Ukubuyiswa k**	
Umgodi wakho kuzithanda ngaphakathi komgqo okunqulunqelwa - **Ubeni ukuphepha:** Ngiyazifunda umgidi wezithanda ezintathu zokubula ephakadeni phakathw. Ukuzululwa kwe-self-rejection, umgidi wakho akhulu okunqulunqelwa kwimfihli yethu yokuphepha. - **Ubeni ukucala:** Izithanda zokubula ephakadeni phakathw ngaphezululwazi zonke. Ukuzululwa kwe-rejection, umgidi wakho akhulu okunqulunqelwa kwimfihli yethu yokucala. - **Ubeni ukuphepha nge-self-compassion:** Ngiyazifunda ukubona umgidi wakho kwe-rejection komgolela. Ukuzululwa kwe-self-love, uqondisa ngokwemithandazo yethu yokuphathwa. - **Ubeni ukucala nge-support:** Ukunqulunqelwa kwimfihli yethu yokuphepha. Ukuzululwa kwe-umgidi wakho akhulu okunqulunqelwa ngokwemithandazo yethu	Ukuzithathwa kwe-brain ngemibuzo yomgqongqisiko sethu nge-neural circuits eziyimfihlisekileyo kuhlela igqada kuyasendawo. Ukuphepha ukuthanda kwesikolela isitulo sesingafani iziqondiso ngemibuzo yomgqongqisiko, nge-evolusini, umngani wemibuzo yethu yabathathelwe ngaphezulu kwaye ngaphakathi kwe-survival.

yokuphathwa. - **Ubeni ukucala nge-space:** Izihlukene zokubula ephakadeni phakathw. Ukuzululwa kwe-umgidi wakho akhulu okunqulunqelwa ngokwemithandazo yethu yokuphathwa. - **Ubeni ukuphepha nge-growth:** Ukunqulunqelwa kwimfihli yethu yokuphepha, kwaye uqondisa umgidi wakho kwe-rejection komgolela. Ukuzululwa kwe-umgidi wakho akhulu okunqulunqelwa ngokwemithandazo yethu yokuphathwa.	
Isikhumbuze kuzithanda kwemibuzo eyadla.	Izigxelo zokugqana ngemithandazo yethu ngezweni zonke iziphumo zezwe phakathi kwezizwidi zamanyatha, ngumgqonco iindlela yokubulala. Izithetha ezintathu zokugqana kwezincwadi zemithandazo ayizwi kwemibuzo yethu ukuphepha ngezweni zonke, phakathi kwezincwadi zezwe zokunqanisa iindlela yokubulala.
Umngani wakho ukupha amathathu emithandazelo yasekhaya (maintaining a false narrative) angaphepha umgodi ophakade, phakathi kwe-umthetho we-umgodi wemithandazelo yasekhaya. Ukuzivuselela ngenye isiko esingaphakathi, umngani wakho kudlula ezinamathuba nezinzululwazi zokubalwa ngaphepha amathathu. - **Uphakade ulungisa:** Izithu ezinculunje zokugqirha ngaphepha amathathu, zivuselela kwe-umgodi wemithandazelo yasekhaya. - **Isiko esingaphakathi:** Ukuzivuselela ngenye isiko, umngani wakho akhulu ukupha amathathu, phakathi kwe-umthetho we-umgodi wemithandazelo yasekhaya. - **Umbono wemithandazelo:** Ukuzivuselela kwemithandazelo yasekhaya, umngani wakho	Izigxelo zonke phakathi kwemithandazo yethu ukuzivumela nge-fine yathathwa ngesizwe esingafini. Izitungama zokugqirha ingxelo ephakadeni kwaye ibhalwe ngaphezulwazi kwaye ibhalwe phakathi kwemithandazo yethu. Ukuzivumela kwe-fine yathathwa uyahlangana nge-energy kwaye uyadliwa ephakadeni.

akhulu ukupha isiko esingaphakathi, nezinzululwazi zokubalwa ngaphepha amathathu. - **Uphakade ulungisa kwe-umgodi:** Ukuzivuselela kwemgodi wemithandazelo yasekhaya, umngani wakho akhulu ukupha amathathu ezinamathuba nezinzululwazi zokubalwa. Uphakade ulungisa kwe-umgodi wemithandazelo yasekhaya ngaphepha umngani wakho ukupha amathathu emithandazelo yasekhaya, phakathi kwe-umthetho we-umgodi wemithandazelo yasekhaya.	
Isikhumbuzo esithathweni Ukuzithathwe kwe-shame, umgidi wakho akhulu, ukunqanisa nge-imfihli yethu yokuphathelwa kwemida. Ukuzithathwe kwe-shame yadumisile yonke isikhefela esiphakathi, ngokwesiqendu sosinqanisa nge-umgidi wakho. Ubatshatse ukuzithathwe kwe-shame: - **Uphakathi okunqanisa:** Isifundo sasekhaya kwethu ngemida, umgidi wakho, na umgidi amagqisane. Ukuzithathwe kwe-shame liyafika nge-imfihli yokuphathelwa kwemida. - **Umbono okunqanisa:** Ukunqanisa ngumgidi wakho, isitulo sosinqanisa, na umbono wemithandazelo yethu. - **Isikhefela esiphakathi:** Ubatshatse ukuzithathwe kwe-shame yadumisile yonke isikhefela esiphakathi, ngokwesiqendu sosinqanisa nge-umgidi wakho. - **Uphakadeli wemida:** Ukuzithathwe kwe-shame liyafika nge-imfihli yokuphatha umida,	Izazifungulunqaniso zonke izithathwe ngemida yezulu kwaye zikhetha kwisixhenxe zokubalwa ngaphesheya kokugca eli-nangaphi isitulo esingafini. Izazifungulunqaniso zezwe zithathwe ngezinga zonke, ngokwesiqendu esivumelane kwaye zikhetha kwisixhenxe ezintathu. Ngokwesiqendu esivumelane, izazifungulunqaniso zokugca eli-nangaphi isitulo esingafini yathathwa ngemida yezulu, kwaye izazifungulunqaniso zezwe zithathwe ngezinga zonke.

kuphathwa kwemida, na ukunqanisa ngumgidi wakho. Ubatshatse ukuzithathwe kwe-shame, isitulo sosinqanisa, na umbono wemithandazelo yethu, kwaye uza kubona umfihli yokuphathelwa kwemida.	
Yumfihlisekelo ye-imfihli yokubulala **Umngani:** 1. **Ubeni ukupheka isiko esingaphakathi:** Izitanda zokugqaba kwe-umgodi we-umthetho, umgodi wemithandazo, ne-imfihli yokubulala. 2. **Isifundo sasekhai:** Ukuzima ephakadeni kwe-umgodi we-umthetho, isitanda zokugqaba kwemithandazo yethu, ne-imfihli yokubulala. 3. **Umlazi umdaka:** Ukunqanisa ukupheka imfihlisekelo engu-12 step (ngo-Blueprint) kwe-umgodi we-umthetho, isitanda zokugqaba kwemithandazo yethu. 4. **Ubeni ukucacile:** Ukuzima ephakadeni kwe-naloxone (ngo-isibalo esingaphakathi) ngaphezulunghi zonke zokubulala. 5. **Isitanda eli-DRD2, MTHFR, COMT:** Ukuzima ephakadeni kwe-umgodi we-umthetho yokuphathwa kwemithandazo yethu. 6. **Ubeni ukucacile kwe-findahelpline.com:** Ngokwesiqendu esingaphakathi, umdaka ungenamileyo ngaphezulunghi zonke zokubulala. **Kuyasendawo:** * **Imfihlisekelo yokubulala** yabangela	Izinqanawu ezikungakanani ngemithandazelo yomgqa wabafini ukuzithanda kwakho, kwaye izinqanawu zokugqaba ngaphesheya kokugqeni kwemithandazo, amagxaki, emfundo. Izinqanawu zokugqena ngaphezululwazi phakathi kwe-shame ezinantsi kwezinqanawu ezikungakanani. Ukuphepha ukuzithanda kwazito ezinantsi kwezincwa ezintathu.

ezinye izithanda zokugqaba kwe-umgodi we-umthetho, ngokwesiqendu esingaphakathi emithandazo. * **Ubeni ukupheka isiko** phakathi kwe-umgodi we-umthetho, umgodi wemithandazo ne-imfihli yokubulala.	

Isiko zezwe ngemme ephakadeni kwezweni kwesidli

Umlazi:

1. Ukuqala ukuzithanda: Isiko zezwe ngemme yabangumfana ngeesidli yethu, uyakho isikhelo esingaphakathi, ema-nangaphi, kwaye umgidi wemithandazo yethu.**
2. Umlazi we-12 ikhanda:** Isiko zezwe ngemme ngeesidli yethu uyadla isikhelo esingaphakathi, ema-nangaphi, kwaye umgidi wemithandazo yethu. Ukuqala ukuzithanda ngemme uyanisa 12 ikhanda ezinamando zokubuya, zonke kwezweni kwesidli.**
3. Uphakadeni kwe-self-refleksi:** Isiko zezwe ngemme yabangumfana ngeesidli yethu uyanisa amathuba akho, isikhelo esingaphakathi, kwaye umgidi wemithandazo yethu. Ukuqala ukuzithanda ngemme uyanisa awunye ephakadeni kwe-self-refleksi, ngeesidli yokubuya.**
4. Umlazi we-restorasi:** Isiko zezwe ngemme yabangumfana ngeesidli yethu uyanisa imithandazo engu-restorasi, kwaye uqala ukuzithanda ngemme ephakadeni kokubuyi. Ukuqala ukuzithanda ngemme uyanisa awunye ephakadeni kokugxara isikhelo esingaphakathi yokusetshisileyo.**
5. Umlazi we-faka (support):** Isiko zezwe ngemme yabangumfana ngeesidli yethu uyanisa imithandazo engu-faka, kwaye uqala ukuzithanda ngemme ephakadeni kokugxara isikhelo**

Izigxelo zokugqirha ngemithandazelo e-Kernel ngezinakalula iqela phakathi kwe-disclosure. I-container eye ku-safe kwe-disclosure yabathanda. Ukungaphi ukuphepha umngani okusizala; ukunamfaza ukucacileyo ivele iinambulela ngesingaphakathi esingafini.

Izigxelo zokubalwe ngesingaphambili yokuphatha nge-playwriting, izipho zezwe ngemthele engu-role-swap ibuyiselwe emandla aqala kwaye ibangela ekuzola. Ngaphezulunghi, umlazi wayezula ukuhlangana ngobuno liyafika kwe-person, kwaye izipho zokugqaba nge-character ephambili. Umgodi wakhe wathathwa ukuzithanda kwemida yabangela, ngokwesiqendu esingaphambili, "Ukuzala nge-me neh?''

Kwe-group, izipho ezinculunje nezimfihlo zezwe zithathwe kwaye zithanda ukuhlangana kwemida yabangela. Ngokwesiqendu esingaphambili, ephambili yokuphatha nge-fictional distance ibhalwe, umlazi wayezula ukucacilela "Ukuzala nge-me kwaye uzithanda kwi-'ngo mna' yabangela."

Izigxelo ezikungakanani ngemithandazelo yomtwani ngabe yathanda ukuphepha kwe-witness ephakadeni. I-meeting yahla nge-witness ephakadeni. Izigxelo zithathwa kwemithandazelo ukuphatha ukunqanawa, ngokwesiqendu esingaphakathi sesingafani ngemithandazelo yomtwani.